



## IAPESGW International Update, October 2017: News and resources from around the world

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### IAPESGW Regional event

#### October 2018, Havana, Cuba

This IAPESGW event will be held in conjunction with a traditional event celebrated in Cuba by the name Cubamotricidad in October 22 - 26, 2018

More information on our regional event will be provided by Gladys Bequer at a later date.

### October Editorial

The October *International Update* is another bumper edition of current and interesting news, starting with a spread of international reports and finishing with items from Australia, Brazil, Canada, India, Iran, Mexico, the UK, Northern Ireland and the USA.

The Gender Equality on and off the Pitch? Report on female football players is surprising. This research study examined the status and views of women football players from 33 countries, revealing that women in football continue to fight for gender equality. I was amazed that 35% of national players are not paid for representing their country and 50% are not paid by their clubs. Not so good news.

Another disappointment is that the Spanish Basketball Association has awarded next year's World Cup for Women to the Canary Islands (Tenerife). The initial announcement was made by five men sitting behind a desk. Not a female administrator or player in sight.

I would like to see the day when the Men's World Basketball Cup is announced by five women and the event is to be held off the mainland of Spain in the Atlantic Ocean!

Then again the world body for basketball (FIBA) has no females on its executive board.

A location such as this adds to the cost of participating countries and their fans, if they decide it is worth the extra time and travel cost – sometimes three flights over two days to get there.

So internationally, in some sports, we have some way to go to achieve real gender equality in sport.

However, there is much good news in this edition: more women making breakthroughs in officiating, receiving top awards and assuming leadership positions, plus governments allocating money for grassroots participation programs.

In my home state of Victoria VicHealth has announced a new \$6.7 million Active Women and Girls program to further raise the profile of women's sport and to get more women and girls active. This was followed up by the appointment of the first ever government Office for Women's Sport.

Enjoy reading this edition and keep active too!

**Janice Crosswhite**  
**Communications Director**

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## **International**

### **International Conference of Sports for Women 2017 – Inspiring Generations 6 - 7 November 2017, Abu Dhabi National Exhibition Centre, United Arab Emirates**

Welcome to the 4th International Conference of Sports for Women (ICSW), an initiative of the Fatima bint Mubarak Ladies Sport Academy (FBMA).

ICSW 2017 promises to be a milestone event that promotes and supports FBMA's vision for sports and culture to become a part of the lives of every Emirati woman, and helps inspire and connect women of all backgrounds to further break down barriers.

This year ICSW will be focussing attention on a variety of important topics around the central conference theme - Inspiring Generations. Topics which represent critical barriers to participation in sports for women, and will provide thought-leadership on key issues around women in sports.

ICSW offers transparent, honest and clear debate, a platform to both challenge and empower a variety of points of view, whilst debunking stereotypes and promoting forward thinking. We are respectful of all views, opinions and backgrounds, and seek to represent women in the UAE and around the world.

[View more details](#)

*Listing for a second month....discounted tickets only available until 31 December....*

**International Working Group on Women and Sport Conference - *Determine The future. Be Part Of The Change* 17 - 20 May 2018, Gaborone, Botswana**

The conference will feature 6 plenary sessions and side events that will cover various issues under the following topical sub themes: Being well to play well; Safe Space: Protecting women in sport; Tell Their Story: leveraging media to advocate for women's sport; Welcome and empower all through sport; Sport without borders: cross-cultural collaboration and Let them lead: Changing the leadership landscape of sports.

**Early Bird tickets available until 31 December 2017**

[View more details](#)

**International Olympic Committee (3 October 2017)**

**IOC actively promoting health and physical activity through the new international Global Active City programme**

Cities all over the world are invited to take part in the Global Active City programme, a new initiative to promote health and physical activity. Already in place in 10 pilot cities, this programme, supported by the International Olympic Committee (IOC), has proved successful in significantly improving the health of these cities' inhabitants and increasing their participation in sport and physical activity.

The programme was officially launched today, 3 October, in Montreal (Canada) by the Active Well-being Initiative (AWI), a non-governmental organisation (NGO) based in Switzerland created as a partnership between TAFISA (The Association for International Sport for All) and Evaleo, an NGO specialising in development and the promotion of well-being and sustainable health.

The Global Active City scheme includes standards, supporting tools and training modules to enable cities and their leaders to take concrete steps towards the enhancing well-being of their population. In due course, cities can obtain the Global Active City label, to illustrate the quality and effectiveness of their projects in this area.

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For more details, go to: [activewellbeing.org](http://activewellbeing.org) and check out the latest Olympic Review articles on the programme.

[View the full news item](#)

**Council of Europe and European Union**

**About Pro Safe Sport+**

The Council of Europe (COE) and European Union (EU) Joint Project entitled "Pro Safe Sport +: Put an end to sexual harassment and abuse against children in sport" (PSS+) is a nine-month project started on 1 April 2017.

The work on the main expected achievements of the [PSS+ project is on-going](#) (video-clip for raising awareness, pool of experts on sexual violence in sport, online resource centre, etc.)

The Pro Safe Sport + project aims at increasing the commitment of both governmental and non-governmental organisations towards sexual violence against children in sport through awareness raising tools and capacity building resources.

In the course of the project life's time, existing materials will be collected and new ones created in order to provide support to public authorities as well as other relevant stakeholder organisations (such as national sport federations, National Olympic Committees, etc.) when

developing measures to tackle this issue (policies, regulations, codes of conduct, national strategies, action plans, awareness raising campaigns, etc.)

[View more details](#)

### **International Wheelchair & Amputee Sports Federation (2 October 2017) First IWAS Women's World Games to be Hosted in Worcester, United Kingdom**

The International Wheelchair and Amputee Sports Federation (IWAS) and University of Worcester are proud to announce their cooperation to host the first IWAS Women's World Games next summer.

Female athletes with any physical impairment from 14 years old and upwards will be welcomed to the English city of Worcester from 27 August to 3 September 2018.

The state of the art facilities of the University of Worcester Arena, Malvern College and Nunnery Wood Sports Complex will play host to a preliminary sports programme of athletics, badminton, swimming, table tennis, para taekwondo and wheelchair fencing.

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[View the full news item](#)

### **Play the game (5 October 2017) Gender equality on and off the pitch?**

Although crowds are increasing, female football players continue to fight for equal rights in a sport where considerable differences between men and women remain.

The year of 2017 has been a good year for women's football. With a total TV audience of more than 100 million, a social media interaction of more than 20 million, and a record aggregate attendance for the tournament, the Union of European Football Associations (UEFA) [reported](#) an 'unprecedented' interest in this summer's Women's European Cup.

Last month, the Professional Footballers Australia (PFA) managed to forge a [ground-breaking deal](#) with the Football Federation of Australian (FFA). The deal includes AUD\$ 10,000 (€6,650) minimum playing contracts for female players in the Australian W-League.

Football clubs in Europe are also picking up the interest in women's football. Major European clubs such as FC Barcelona, Lyon, Paris Saint-Germain, Bayern Munich, Manchester City, Liverpool and Chelsea already have a women's side – with Juventus and Real Madrid having [announced](#) their intentions to launch women's teams as well.

However, despite the recent surge in interest among spectators and football clubs, female players have yet to achieve rights similar to those of their male counterparts.

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A recent [survey](#) by FIFPro of 3,300 women players from 33 countries reveals that 35% of national team players do not receive any compensation for representing their country. Although women's football has attracted attention from clubs and spectators in recent years, nearly 90% of players say they may end up cutting short their career.

"Our research shows how hard it is for even national-team players to make a career in football. Players who devote years of their lives to get to the top of the game are surely entitled to a fairer slice of football's revenue," said FIFPro General Secretary, Theo van Seggelen.

### **Key findings in the FIFPro study include:**

- 87% would consider quitting football early
- 66% of national team players are not satisfied with tournament prize money
- 50% are not paid by their clubs
- 35% of national team players are not paid for representing their country

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[View the full news item](#)

### **Inside the games reports (8 October 2017)**

#### **Bach to deliver opening remarks at Women in Leadership Forum**

International Olympic Committee (IOC) President Thomas Bach will deliver opening remarks at the Advancing Women in Leadership Roles Forum for Europe in Vilnius this week.

The event, due to run from Tuesday (October 10) to Wednesday (October 11), will be hosted by the Lithuanian Olympic Committee (LTOK) in cooperation with the IOC.

Janez Kocijančič, Acting President of the European Olympic Committees (EOC), is among the dignitaries who are due to attend.

The Forum's main focus is on encouraging women to take on more responsibilities and get involved with sports leadership. It will be the first edition of the event staged in Europe.

An Advancing Women in Leadership Roles Forum was also held in Kigali in Rwanda in August.

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[View the full news item](#)

### **Inside the games reports (9 October 2017)**

#### **Sleeman to become first female official at Rugby League World Cup**

Australian Belinda Sleeman will become the first woman to officiate at the Rugby League World Cup.

Sleeman has been selected as one of 26 officials who will adjudicate at the men's World Cup, which will be co-hosted by Australia, New Zealand and Papua New Guinea.

Action starts in Australian city Melbourne on October 27.

The Australian is already the first woman to officiate at a test match, as a touch judge when Fiji played Tonga in May.

Last month Sleeman and Kasey Badger were the first female officials appointed to a major rugby league finals match - the National Rugby League decider between Manly and Penrith in Australia.

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[View the full news item](#)

### **Inside the games reports (10 October 2017)**

#### **Barbarians to field women's rugby team for first time**

The Barbarians rugby team is to field a women's side for the first time, in a fixture against Irish team Munster at Limerick's Thomond Park on November 10.

It is the first of several matches against club, provincial and international teams planned for the 2017-2018 season with the side set to be coached by England's World Cup winner Giselle Mather.

The Barbarian Football Club, nicknamed the Baa-Baas, is an invitational side which selects players from around the world based on their playing ability and behaviour on and off the field.

Men's matches have been played since 1890, with the team sporting a famous black and white hooped kit.

"We're delighted to open a new chapter in the Barbarian FC's history with the creation of our women's team," Barbarians chairman John Spencer said.

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[View the full news item](#)

### **Australia Plus (11 October 2017)**

#### **Girls going for goal in the game of life**

The future of the world lies, in part, in the hands of the 1.1 billion girls worldwide. But the United Nations has recognised their dreams and potential are often thwarted by discrimination, violence and lack of equal opportunities. So, October 11 has been declared [International Day of the Girl Child](#).

In the Pacific, sport has been identified as a key to empower and develop girls and boys to cooperate and grow on a level playing field, while valuing inclusion and focusing on better health.

So come on a tour of Australian Aid's Pacific Sports Partnerships to see how girls can change the world through sport.

[View the pictorial news item](#)

### **Inside the games reports (12 October 2017)**

#### **Fourneyron confirmed as chair of Independent Testing Authority**

Valérie Fourneyron has been confirmed as the chair of the new Independent Testing Authority (ITA), which is being formed to take over drugs testing procedures for international sport.

insidethegames exclusively revealed last month that the former French Sports Minister was being groomed to take the position, and her appointment has now been ratified by the World Anti-Doping Agency's (WADA) Executive Committee.

Fourneyron is a former volleyball player and qualified doctor with 30 years' experience in anti-doping work.

She was known to hold the support of key figures from both the International Olympic Committee (IOC) and WADA.

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[View the full news item](#)

### **Inside the games reports (17 October 2017)**

#### **IFF to host one-day seminar during Women's World Championship**

The International Floorball Federation (IFF) has announced it will host a one-day seminar on the women's game during the upcoming World Championships.

It will be held in conjunction with the 11th edition of the women's flagship event, due to be held in Slovakian capital Bratislava from December 1 to 9.



The seminar is open to all IFF National Association and club representatives.

Topics that will be discussed include examples of different floorball programmes for female players and measures that can be used to reduce the number of girls dropping out of playing the sport.

Ideas will be shared on how to build programmes for girls for competition and participation as well as coaching women's floorball.

Female coach development will also be on the agenda, as will building networks for peer support.

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[View the full news item](#)

### **Around the Rings reports (24 October 2017)**

#### **WBSC Baseball-Softball world joins IWG in advocating Women in Sport across all levels**

The World Baseball Softball Confederation (WBSC) and the International Working Group (IWG) today announced that WBSC and 82 Baseball and Softball National Federations around the world (to date) have endorsed the IWG Brighton Plus Helsinki Declaration on Women and Sport.

WBSC President Riccardo Fraccari signed the declaration alongside the IWG Co-Chairperson, Ms. Ruth Maphorisa, last week at the Gaborone International Convention Centre, which has since followed with 82 National Baseball/Softball Federations across six continents having become signatories in support of IWG's movement.

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#### **Breaking down barriers: Women in Baseball and Softball**

Nearly half of the current estimated 65 million baseball and softball athletes around the world are female.

National Pro Fastpitch (NPF) softball league player signs first-ever million-dollar contract: Last year, 2008 Olympic softball star Monica Abbott (USA) was the first female athlete within a team sport to sign a million-dollar contract.

Three women (23%) currently serve on 13-member WBSC Executive Board, including Secretary General Beng Choo Low (MAS), 2008 Olympian Maria Soto (VEN) and three-time

Japanese Olympic Softball coach Taeko Utsugi. International Olympic Committee (IOC) guidelines set a target for at least 20% of decision-making positions to be occupied by women.

Japan's first female director of the Baseball Federation of Japan, Hiroko Yamada, was elected at the WBSC Congress in Gaborone to serve on the WBSC Baseball Division Executive Board.

There are 37 current female presidents and secretaries general leading national baseball and/or softball federations across six continents:

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[View the full news item](#)

### **SBS reports (25 October 2017)**

#### **WTA looking to be mother-friendly**

The WTA wants to ensure it is capable of accommodating players who become mums while still playing.

As tennis looks towards Serena Williams returning at the Australian Open, the WTA's boss hopes players will be able to easily function as working mothers while on the tour. Williams gave birth to daughter Alexis Olympia Ohanian Jr. in September and has pledged to return in 2018 to defend the title she won at Melbourne Park earlier this year.

Speaking at the year-end WTA Finals in Singapore, WTA chief executive Steve Simon said the sport needs to make sure they stay on top of the issue.

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Clijsters won the 2009 and 2010 US Opens as well as the 2011 Australian Open after the arrival of daughter Jada, putting her in an exclusive club of only three women to win grand slams after having a baby.

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[View the full news item](#)

### **Inside the games reports (25 October 2017)**

#### **Documentary on female Pakistan squash player forced to disguise herself to play sport among winners at SPORTEL Awards**

A documentary detailing how a female squash player had to disguise herself as a boy to be able to play the sport in a troubled part of Pakistan was among the winners at the SPORTEL Awards here, with the Olympic Channel also a winner.

The film, called "Girl Unbound: The War to be Her", was awarded the Peace and Sport documentary prize at the ceremony, held as part of the SPORTEL Monaco convention.

It tells the story of Maria Toorpakai, who had to dress like a boy so she could take part in competitive sport.

Toorpakai, who turned professional in 2006 and has three major squash titles to her name, even produced a birth certificate which said she was a boy.

The now 26-year-old grew up in Waziristan, one of the most dangerous areas in the world, and defied the heavy Taliban presence in the area to take part in sport.

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[View the full news item](#) - *access the trailer to the film*

### **Around the Rings (26 October 2017)**

#### **Athletics empowering women to lead in all areas of the sport**

A two-day Gender Leadership meeting, hosted by the Bahrain Athletics Association for the IAAF, culminated on Wednesday (25) in a unanimous view that actions speak louder than words when it comes to building a diverse and equitable international athletics federation.

"Being able to reflect off the field of play what is widely heralded as one of the most diverse and culturally attuned sport on the field of play is critical to remaining relevant to all fans but affirmative action is the only way we will shift the dial," said IAAF President Sebastian Coe.

"We have parity in pay, parity in play but not parity in positions," added Coe. "I believe if you want cultural change it will only be achieved if it is properly accounted for in the business model and this is what we have focussed on over the last two days."

Chaired by IAAF Council Member and US champion hurdler, Stephanie Hightower, the working group agreed that encouraging male advocacy, using the power of voice at all levels of the sport, identifying bias and selecting process changes is what is needed to ensure the Gender Leadership targets set during last year's Reform process are met.



The Gender Leadership Working Group will be taking proposals to the IAAF Council in November for approval and work will begin immediately afterwards to ensure that the 2019 Constitutional goals are met.

[View the full news item](#)

## **70 Inspiring Pacific Women - Zita Martel - Pacific Renaissance Woman, Samoa**



Zita Martel is a Pacific renaissance woman whose colourful, bold and courageous life serves as an inspiration to women and men in her native Samoa and beyond. In 2001, she became the first and only woman skipper to take up longboat racing, a traditional Polynesian sport reserved for men and where she still wins many of the races to this day. Her mastery of this age-old men's sport – which she uses to coach and mentor disadvantaged youth – has earned her huge respect from her country's men-folk.

Ms Martel is also an entrepreneur in tourism and mobile technology. To make getting around in Samoa easier, she developed and launched a travel app called Samoa Smart Guide, which has earned five star ratings on the Apple and Google app stores. Ms Martel is a high chief, a gold medalist in the Olympic sport of archery, Consul of France in Samoa, a decorated Officer of France's National Order of Merit, and the recipient of the prestigious Star of Oceania Awarded for her courageous leadership from the University of Hawaii.

Ms Martel has used her considerable platform to speak out against the abuse of women and children in Samoa. When she took a passionate stand against domestic violence on a recent Facebook Live video, it garnered over 300,000 views and thousands of shares. "We should all act to end the abuse against women and children which has ruined so many innocent lives and broken up families in our Pacific communities," she says.

[Source of information](#)

*Some news items of general interest...*

### **One Dance, in the UK reports (2 October 2017)**

#### **99 and still dancing**

Dr Ann Hutchinson Guest, a world-renowned expert in dance notation, dance author and researcher and founder of the Language of Dance Centre (LODC), will celebrate her 99th birthday in November 2017.

Born in New York City in 1918, Ann was given five hours to live at age eight because of acute appendicitis. As she puts it, she "obviously made it". She started taking dance classes for recovery, and then dedicated her life to the development of dance across the world.

Ann learnt the Laban system of movement notation early in her dance training, and her interest then led her to study other notation systems. Thanks to her research and dedication, many works from the past have been revived for major ballet companies: the Ballet of the Nuns from the opera Robert the Devil, the Vivandière Pas de Six, Nijinsky's L'Après-midi d'un

Faune – to name just a few. Notable among her books are Dance Notation – The Process of Recording Movement on Paper, and Your Moves – A New Approach to the Study of Movement and Dance. Through her extensive exploration and analysis of movement, she has developed the educationally rich Language of Dance Teaching Method.

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[View the full news item](#)

### **Play the Game (3 October 2017)**

#### **Volunteerism and companionship are most important in European sports clubs**

In general, European sports clubs are based on volunteerism and clubs weigh conviviality and friendship higher than sporting competition, a new report on European sports clubs shows. However, there are notable differences between sports clubs' strengths, conditions and challenges across Europe.

Results from a recently published report comparing sports clubs across Europe show that European sports clubs are so similar in some areas that it almost looks like a 'European sports model' exists.

Sports clubs are commonly based on voluntary work and on a varying public subsidy. In general, conviviality and friendship outweigh sporting competition, in terms of what the clubs perceive as most important, although sporting competition is also important. Only in one out of the ten participating countries – Hungary – do clubs perceive sporting results to be more important than social life.

[The report](#) is the second to come from the large EU-supported research project called 'Social Inclusion and Volunteering in Sports Clubs in Europe' (SIVSCE). The report will be followed by additional reports in the coming months, one of which will focus on the experiences of members and volunteers in European sports clubs.

#### **Largest study on sports clubs ever**

In total, 35,790 sports clubs from Belgium, Denmark, England, Germany, Hungary, the Netherlands, Norway, Poland, Spain and Switzerland have participated in the research – which makes it the largest study on sports clubs in Europe ever.

The four main topics in the report are: structure, management, voluntary work and social integration.

More than half of the European sports clubs are small i.e. less than 100 members. Only one in ten clubs have more than 500 members. Two thirds of the clubs primarily offer one sport.

Some clubs are relatively old, but one third are established after the millennium. The proportion of new clubs is especially high in former authoritarian regimes (Spain, Poland and Hungary).

Denmark, Germany, the Netherlands and Switzerland are in the top when it comes to member participation. In these countries, an average of 25 percent of the adult population are members of a sports club.

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On 28 September this year, the SIVSCE-project hosted a conference in Brussels about 'Social inclusion and volunteering in sports clubs in Europe'. To view presentations from the conference, visit the [SIVSCE website](#).

[View the full news item](#)

*Advice to share.....*

### **Catalyst, in Australia (10 October 2017)**

#### **How to exercise better**

We all know exercise is good for us. But how many of us really know what kind of exercise we should be doing, how much of it we need, or how hard we should push ourselves?

To find the answers, and help all of us live happier, healthier lives, GP Caroline West and cell biologist Shalin Naik are putting their bodies on the line at Australia's toughest athlete training facility: the Australian Institute of Sport. They'll be stealing the latest sports science secrets from the Formula Ones of fitness to help all of us get fitter and stay healthy.

[Access the video on this page](#)

*Hopefully, very useful to highlight.....*

### **Clearinghouse for Sport, Australian Sports Commission**

#### **Sudden Cardiac Death in Sport**

Unexpected death due to cardiac causes is an infrequent occurrence in sport. Understanding the risk factors and management practices will help to frame appropriate policies and actions.

[View the information and advice on this important topic](#)

### **Research articles of interest....**

#### **The Conversation (17 October 2017)**

[Sara FL Kirk](#) , Professor of Health Promotion, Dalhousie University - **This is why child obesity rates have soared**

New data on almost 13 million people, from 200 countries around the world, points [to a tenfold increase in rates of obesity among children and adolescents](#) over the last four decades. This is the largest study of its kind and it paints [a startling and depressing picture of a world that is getting fatter](#).

The research also reveals that the rise in child and adolescent obesity in high income countries is beginning to slow down. And that in low and middle income countries — especially in Asia — it is accelerating.

These findings should not be a surprise to anyone. Obesity is an issue with no geographical, ethnicity, age or gender boundaries. Rather, obesity is the inevitable consequence of an [“obesogenic” environment](#) that we have constructed for ourselves. If we surround children with foods that are high in fat and sugar and restrict their opportunities to run around, they are at risk of developing obesity.

Obesity is a visible sign that all is not well with the world and it is just the tip of the iceberg. Beneath the surface, [the burden of chronic diseases](#) is growing and nobody is immune

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[View the full news item](#)

**The Journal of the American Osteopathic Association, October 2017, Vol. 117, 635-642. doi:10.7556/jaoa.2017.120. First-Time Sports-Related Concussion Recovery: The Role of Sex, Age, and Sport. Dr. John Neidecker et al**

**Abstract**

**Background:** Concussion is one of the most common injuries in athletes. Current concussion consensus statements propose that female sex may be a modifying factor in concussion management and recovery.

**Objective:** To determine whether female athletes in middle school and high school with a first-time, sports-related concussion remained symptomatic longer than their male counterparts.

**Methods:** A retrospective medical record analysis was performed among athletes who sustained a concussion between 2011 and 2013. Inclusion criteria consisted of age between 11 and 18 years and diagnosis of first-time concussion sustained while playing organized sports. Using the documented notes in the medical record, length of time that each athlete was symptomatic from his or her concussion was calculated.

**Results:** A total of 110 male and 102 female athletes (N=212) met the eligibility criteria for the study. A significant difference was found in the median number of days female athletes remained symptomatic (28 days) when compared with male athletes (11 days) ( $P<.001$ ). No statistically significant difference was found in symptom duration between age groups. When matched for sex, no statistically significant differences were found in symptom duration between the type of sports played.

**Conclusion:** Female athletes aged 11 to 18 years with first-time, sports-related concussions remained symptomatic for a longer period when compared with male athletes of similar age, regardless of sport played. The mechanism behind this difference needs to be further elucidated.

[View the 8-page article](#)

**The Lancet , 10 October 2017. Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128·9 million children, adolescents, and adults.**

**Correspondence to: Prof Majid Ezzati, School of Public Health, Imperial College London, London W2 1PG, UK [majid.ezzati@imperial.ac.uk](mailto:majid.ezzati@imperial.ac.uk)**

## Summary

**Background:** Underweight, overweight, and obesity in childhood and adolescence are associated with adverse health consequences throughout the life-course. Our aim was to estimate worldwide trends in mean body-mass index (BMI) and a comprehensive set of BMI categories that cover underweight to obesity in children and adolescents, and to compare trends with those of adults.

**Methods:** We pooled 2416 population-based studies with measurements of height and weight on 128·9 million participants aged 5 years and older, including 31·5 million aged 5–19 years. We used a Bayesian hierarchical model to estimate trends from 1975 to 2016 in 200 countries for mean BMI and for prevalence of BMI in the following categories for children and adolescents aged 5–19 years: more than 2 SD below the median of the WHO growth reference for children and adolescents (referred to as moderate and severe underweight hereafter), 2 SD to more than 1 SD below the median (mild underweight), 1 SD below the median to 1 SD above the median (healthy weight), more than 1 SD to 2 SD above the median (overweight but not obese), and more than 2 SD above the median (obesity).

**Findings:** Regional change in age-standardised mean BMI in girls from 1975 to 2016 ranged from virtually no change ( $-0·01$  kg/m<sup>2</sup> per decade; 95% credible interval  $-0·42$  to  $0·39$ , posterior probability [PP] of the observed decrease being a true decrease= $0·5098$ ) in eastern Europe to an increase of  $1·00$  kg/m<sup>2</sup> per decade ( $0·69$ – $1·35$ ,  $PP>0·9999$ ) in central Latin America and an increase of  $0·95$  kg/m<sup>2</sup> per decade ( $0·64$ – $1·25$ ,  $PP>0·9999$ ) in Polynesia and Micronesia. The range for boys was from a non-significant increase of  $0·09$  kg/m<sup>2</sup> per decade

(-0.33 to 0.49, PP=0.6926) in eastern Europe to an increase of 0.77 kg/m<sup>2</sup> per decade (0.50–1.06, PP>0.9999) in Polynesia and Micronesia. Trends in mean BMI have recently flattened in northwestern Europe and the high-income English-speaking and Asia-Pacific regions for both sexes, southwestern Europe for boys, and central and Andean Latin America for girls. By contrast, the rise in BMI has accelerated in east and south Asia for both sexes, and southeast Asia for boys. Global age-standardised prevalence of obesity increased from 0.7% (0.4–1.2) in 1975 to 5.6% (4.8–6.5) in 2016 in girls, and from 0.9% (0.5–1.3) in 1975 to 7.8% (6.7–9.1) in 2016 in boys; the prevalence of moderate and severe underweight decreased from 9.2% (6.0–12.9) in 1975 to 8.4% (6.8–10.1) in 2016 in girls and from 14.8% (10.4–19.5) in 1975 to 12.4% (10.3–14.5) in 2016 in boys. Prevalence of moderate and severe underweight was highest in India, at 22.7% (16.7–29.6) among girls and 30.7% (23.5–38.0) among boys. Prevalence of obesity was more than 30% in girls in Nauru, the Cook Islands, and Palau; and boys in the Cook Islands, Nauru, Palau, Niue, and American Samoa in 2016. Prevalence of obesity was about 20% or more in several countries in Polynesia and Micronesia, the Middle East and north Africa, the Caribbean, and the USA. In 2016, 75 (44–117) million girls and 117 (70–178) million boys worldwide were moderately or severely underweight. In the same year, 50 (24–89) million girls and 74 (39–125) million boys worldwide were obese.

**Interpretation:** The rising trends in children's and adolescents' BMI have plateaued in many high-income countries, albeit at high levels, but have accelerated in parts of Asia, with trends no longer correlated with those of adults.

[View the 16-page article](#)

*Publications of interest to some....*

**Audit of the Children's Coaching Workforce in Seven European countries. Innovative Education & Training for a Specialist Children & Youth Coaching Workforce - Intellectual Output1. iCoachKids , October 2017 (33 pages)**

The report reveals four key areas of concern that data are making progress slow and difficult:

- A general lack of recognition of the children's coach
- A dearth of regulation including legislation, certification and licensing
- The existence of a very reduced number of education and development opportunities for this specific population of coaches
- And a consistent absence of reliable information in relation to the demographic, education and employment characteristics of children's coaches

[Download a copy](#)

**Involvement and commitment of members and volunteers in European sports clubs. Jan-Willem van der Roest, Harold van der Werff and Karsten Elmose-Østerlund. Social Inclusion and Volunteering in Sports Clubs in Europe Report. Co-funded by the Erasmus+ Programme of the European Union, published by University of Southern Denmark, [September] 2017 (102 pages)**

The results presented in this report stem from the largest comparative study of sports clubs in Europe, the SIVSCE project. As part of the project, a questionnaire was developed and translated into the national languages of the ten countries included in the project. The survey targeted adult members and volunteers (16+ years) in 642 sports clubs, and a total number of 13,082 members and volunteers ended up participating in the survey. In each country, at least thirty sports clubs were included, and the number of answers from members and volunteers ranged from 445 (from Spain) to 3,163 (from Denmark). The four main topics of the questionnaire were: affiliation, voluntary work, social integration and characteristics of members

and volunteers. The summary – as well as the report – will be structured according to these topics.

[Download a copy](#)

## Specific countries

### AUSTRALIA

#### **Exercise Sport and Science Australia (26 September 2017)**

##### **ESSA Re-launches Exercise Right for Kids**

In order to continue raising awareness of the benefits of exercise in children who may be living with a chronic condition, or at risk of developing one, Exercise & Sports Science Australia (ESSA) is re-launching its educational platform, Exercise Right for Kids.

“Exercise, especially when prescribed by a professional, is essential to improve the physical and mental health and well-being of all children with chronic conditions,” explains ESSA Chief Executive Officer, Anita Hobson-Powell.

Unfortunately the majority of Australian children are insufficiently active, and are at higher risk of developing a range of chronic conditions, or are at risk of worsening their symptoms for those already living with one.

In 2016, the Active Healthy Kids Australia (AKHA) Report Card on Physical Activity of Children and Young People, [available here](#), gave Australia a failing grade of a D- for overall physical activity levels, indicating that only a poorly 19% of young children are accumulating 60 minutes of exercise a day.

“The 2016 Report also highlighted the lack of physical literacy available to parents, coaches, teachers, friends and family of children, specifically the ‘tools’ children need to be physically active to benefit their health,” Ms Anita Hobson-Powell notes.

After recognising this significant gap for physical literacy and education, ESSA then launched Exercise Right for Kids in February 2017, as a channel for specialised resources to inform the Australian public on the importance of exercise for children with chronic conditions and disabilities.

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

#### **Inside the games reports (4 October 2017)**

##### **Polosak to become first woman to umpire in men's domestic cricket match in Australia**

Claire Polosak will become the first woman to act as an on-field umpire in an Australian men's domestic cricket match on Sunday (October 8).

Polosak has been chosen to officiate the JLT One-Day Cup clash between New South Wales and Cricket Australia XI at the Hurstville Oval in Sydney.

She will take to the field alongside Paul Wilson for the match.

Five-time International Cricket Council umpire of the year Simon Taufel informed Polosak that she would be an on-field umpire during the game.

Polosak has previously been a third umpire in a men's domestic contest and officiated four matches at the Women's World Cup in England earlier this year.

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



**Women With Disabilities Australia - Youth Network  
Human Rights Workbook for Young Women and Girls with Disability**

WWDA Youth Network has created the Human Rights Workbook to help young women and girls with disability learn about their human rights. If you are a woman or girl with disability and would like to learn more about your human rights and how they can be used to achieve change in your life or the lives of other women and girls with disability, this Workbook is for you.

[View more details and access the workbook](#)

*Something different and inspiring to share with readers.....*

**Australian Geographic (6 October 2017)  
Top 10 heroic Aussie female adventurers**

Australia's adventurous female role models are more important today than ever. And while Australia is abundant in these audacious women, we've narrowed it down to ten.

[View the details of the ten adventurers](#)

**Edith Cowan University (9 October 2017)  
Children losing physical literacy**

Half of the kids in year six in Australian schools haven't mastered fundamental movement skills, such as throwing, kicking or leaping.

According to a report released by the Australian Sporting Commission (ASC), children are increasingly struggling with basic physical tasks.

The report demonstrates that four out of five children do not meet the recommended one hour of physical activity per day, and many are exceeding sedentary behaviour recommendations due to spending too much time on screens.

"Evidence shows Australians are living more sedentary lifestyles and increasingly children are struggling to perform basic fundamental movement skills, such as running, throwing, kicking, catching or jumping," said ASC Acting General Manager of Participation Geoff Howes.

"We are starting to see a generation of children who lack the confidence, ability and motivation to move and to be physically active.

"Disturbingly, this is a contributing factor to the increasing rates of obesity amongst children."

Dr Lisa Barnett, co-author of the ASC report, said there's evidence that children aren't active enough, but that doesn't necessarily reflect physical literacy levels are decreasing.

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

**Premier of Victoria (12 October 2017)  
Kicking Goals For Women's Equality In Sport**

The Andrews Labor Government is shining the spotlight on women's sport by kicking off a new program to boost women's and girl's participation and improve gender equality – on and off the field.

Minister for Health Jill Hennessy and Minister for Sport John Eren today launched VicHealth's new \$6.7 million Active Women and Girls for Health and Wellbeing program – the agency's biggest ever investment in female sport.

It will see key sporting associations and elite clubs step up their efforts to promote gender equality in sport. By tackling gender equality, these associations will support women to take on leadership positions, following in the footsteps of their AFLW heroes and inspirational female role models across sport.

AFL Victoria, the Western Bulldogs, Melbourne Victory, Melbourne City, Netball Victoria, Cricket Victoria and many more elite sports organisations will share in \$3.8 million to promote gender equality in sport and encourage women to be active.

Record numbers of women are currently signing up to play the sports they love at grassroots clubs across Victoria.

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[View the full news item](#)

### **The Age (12 October 2017)**

#### **Gold goes better with green, says Hall of Fame Legend Raelene Boyle**

Newly invested Australian Hall of Fame Legend Raelene Boyle considers herself blessed many times over, and not all of them in ways you might imagine.

One is to have won three Olympic sprint silver medals, without a gold. Two were behind East Germany's Renate Stecher in Munich in 1972. Stecher came out of what is euphemistically called the Eastern bloc "system" of the time, and the question mark over her achievements has never been dispelled.

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[View the full news item](#)

### **Danielle Warby - Advocate for women in sport (13 October 2017)**

#### **Welcome trans, gender diverse and intersex members to your sports club**

Want to welcome trans, intersex and gender diverse members to your sports club? Or maybe you already have members of the LGBTIQ community in your club and want to ensure they feel included and safe?

I recently spoke at the [Diversity and Inclusion in Sport Forum](#) about the Flying Bats Women's Football Club's Gender and Sex Diversity Policy.

This policy is very progressive and differs significantly from the policies of the International Olympic Committee (IOC) and Football Federation Australia (FFA).

You are welcome to download the [Flying Bats Women's Football Club's Gender and Sex Diversity Policy](#) and use it as a template to create your own.

You can also watch a video (coming soon) of my presentation and [download the slides](#).

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[View the full news item](#)

### **The Canberra Times (19 October 2017)**

#### **Australian Sports Commission developing transgender athlete guidelines**

The Australian Sports Commission will work with the AFL to create clearer guidelines on transgender athletes after [Hannah Mouncey's AFL Women's draft hopes were dashed](#).

The sports commission has already been working with the Human Rights Commission for 12 months to develop policies for national sporting organisations.

Mouncey was ruled ineligible for the AFLW draft with the AFL concerned putting Mouncey in the semi-professional environment would unfairly "accelerate her development and increase her physical size".

The AFL based its decision on the Victorian Equal Opportunity Act, which states that athletes can be discriminated against based on their sex or gender "if strength, stamina or physique is relevant".

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[View the full news item](#)

*Also...*

### **The Roar (19 October 2017)**

#### **Mary Konstantopoulos: Women's sport weekly wrap: Hannah Mouncey's ineligibility for the AFLW Draft**

There are some topics I am afraid to write about.

I am someone that is passionate about diversity and inclusion in sport. When I write about sport, I want to make sure that I am coming from an educated, considered and respectful position. Hurting the sports that I am passionate about or making someone feel like they were not welcome in the Australian sporting family is the last thing that I want to do.

In a world that is increasingly focused on diversity, when talking about issues of gender, LGBTIQ or race, conversation can be stifled and people can be afraid to speak up, lest they make a mistake with terminology or be called a racist, a homophobe, a sexist or a bigot for expressing a view in the wrong way.

In the past when thinking about whether to share a view on a particular topic, sometimes I have just placed an issue in the 'too hard' basket, just in case I put a foot wrong.

But today, even though it's challenging, I want to write about Hannah Mouncey.

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[View the full news item](#)

### **Inside the games reports (23 October 2017)**

#### **Airline boss Hrdlicka becomes first female President of Tennis Australia**

Jayne Hrdlicka, the chief executive of Jetstar Group, is seeking to spearhead a new era of growth and prosperity at Tennis Australia after being elected as the new President of the governing body.

Hrdlicka becomes the first woman to lead the organisation less than two years after she was elected to the Board. It followed a meeting in Melbourne at which she was chosen to replace the retiring Chris Freeman.

Hrdlicka has been chief executive of the Melbourne-based Jetstar Group, a wholly owned subsidiary of the Qantas Group, since 2012. She is set to shift to a new role as chief executive of Qantas Loyalty and Digital Ventures next month.

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[View the full news item](#)

## **BRAZIL**

### **Female Coaching Network reports (9 October 2017)**

#### **Brazil Women's Soccer players in revolt after firing of first female coach**

Brazil's best women's soccer players have started a revolt.

The firing of the first woman to lead the country's national team has triggered the retirement of

several top players and unleashed a torrent of criticism against the national soccer federation over several issues related to its treatment of women.

Five players quit the program after the coach, Emily Lima, was removed last month — after less than a year in the post — in the wake of a series of poor results. Among those who have walked are Cristiane, a prolific striker and a veteran of four World Cups and four Olympics, and the veteran midfielder Francielle.

On Friday, the situation escalated when a group of former players published an open letter criticizing the federation.

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

## CANADA

*Thanks to former Board member Karin Lofstrom for flagging up these two documents.....*

### **Advancing Opportunities for Women and Girls in Sport: Ontario's Action Plan. Ontario Ministry of Tourism, Culture and Sport, spring 2017 (28 pages)**

This action plan has been developed in partnership with our Advisory Panel on Sport and with input from across the sport sector and the Ontario government. The plan includes specific action items that can be implemented beginning this year, and recognizes the roles and responsibilities of five key partners in the Ontario sport system—provincial and multi-sport organizations, coaches, schools, colleges and universities, and municipal recreation providers. It is hoped that this action plan not only provides a roadmap for gender parity in sport, but also is used as a model for other jurisdictions who share our goals of inclusion and equality.

[Download a copy](#)

### **Women and Girls in Sport : Report of the Standing Committee on Canadian Heritage. Chair - Hon. Hedy Fry. House of Commons, Canadian Government, September 2017 (66 pages)**

#### **Recommendation 1**

The Committee recommends that Sport Canada review its Policy on Sport for Women and Girls to include measurable objectives and an accountability framework.

#### **Recommendation 2**

The Committee recommends that the Department of Canadian Heritage make gender equality a core element in the negotiation of bilateral agreements with the provinces and territories on sport participation.

[Download a copy](#)

### **Inside the games reports (20 October 2017)**

#### **Alpine Canada appoint woman beaten by Justin Trudeau for Liberal Party leadership as new chairperson**

A new chairperson and three new directors have been elected to the Board of Alpine Canada, the governing body for Alpine, Para-Alpine skiing and ski cross in the country.

Martha Hall Findlay, a Toronto businesswoman and politician, who has been vice-chairperson, has taken over the chair.

A former Liberal Party Member of Parliament for Toronto Willowdale, Hall Findlay was overall silver medallist in the 1976 Canadian Ski Championship and was named to the national training squad before retiring from competition to concentrate on her education.

The 58-year-old graduated in international relations from the University of Toronto, and in law from Osgoode Hall Law School at York University.

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[View the full news item](#)

## INDIA

### ABC News (15 October 2017)

#### Goal program aims to empower young girls in India by combining sport with life skills

A couple of hours out of Delhi and another 10 kilometres through some winding, potholed, dirt roads you'll find a village like tens of thousands of others in India.

Barefoot kids, workers, locals, a variety of stray animals and all manner of vehicles somehow share the narrow streets with relative ease.

On the northern edge of this town, opposite the Aali village police station — a concrete block with one office just big enough for a desk and chair, and an awning that could cover about 20 people — is the local all-purpose stadium.

It doesn't look like much. It's a dusty square with weeds in parts, some concrete steps that would seat a couple of hundred people, one light pole with wiring that resembles a bird's nest, and a convenient hole in the wall where passers-by can take a look to see if anything's going on. I'm told it's usually weddings.

But on this particular afternoon a group of about 40 teenage girls begin arriving in groups of three or four, as they do each week.

These girls come to play netball and learn life skills. The first hour is spent clearing the ground of rocks and rubbish, marking the court with powder and having a game.

The second hour is about learning life skills: how to manage a budget, how to take care of health and wellbeing, how to assert their individual rights and how to tell fathers and brothers that domestic violence is not OK.

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[View the full news item](#)

## IRAN

*Editor* - thanks once again to our national rep Robabeh Rostami for supplying an overview of activity in Iran, and all the excellent photographs, in a very informative news compilation - which you can [view here](#)



**An example: The presence of two female's referees in the global Grappling championship;** Maryam Damavandi and Behnoush Arse Vaziri will judge Grappling Championship of the world in the Republic of Azerbaijan.

## MEXICO

### **Beyond Sport (11 October 2017)**

#### **Beyond Sport Mexico Communities Award**

Recent tragic events have had a huge impact in and around the entire Gulf of Mexico. In times of need, sport has often been a unique and impactful tool in rebuilding and restoring hope in communities around the world. This is one of those times.

The Beyond Sport Mexico Communities Award has called for applications, which will celebrate and provide funding for ways sport is being used to create positive social change in Mexico.

Any organization, project, or programme based in Mexico that is using sport to create positive social change in their communities, with focusses on sport's role in either education, conflict resolution, health or equality, were able to apply for the award.

The criteria below outlines what each Award entry will be judged on, according to Beyond Sport's Five Basic Principles:

- **Model** - Have a structure in place that uses sport as a primary tool to drive positive social transformation.
- **Impact** - Lives have been significantly changed by delivering a demonstrable, long-term benefit to those with which you have engaged.
- **Sustainability** - Have a sound plan to be financially and structurally sustainable.
- **Share** - Practical insights or programmatic elements can be shared with other organizations addressing similar social issues and the organization is a willing and active collaborator.
- **Inclusion** - Everyone is allowed equal access regardless of gender, disability, religion or sexuality, whilst also recognizing some projects may have a clear rationale for being exclusive to a particular target group.

The Official Shortlist will be announced very soon, the winner being presented on Wednesday November 15 at the Welcome Reception of Beyond Sport Mexico.

[Source of information](#)

## UK

### **UK Coaching (26 September 2017)**

#### **Record number of applications for Women into High Performance programme**

UK Coaching has seen a record number of applications for its Women into High Performance (WiHP) programme.

29 coaches across 11 sports were identified by their respective governing bodies of sport as being eligible to apply for the bespoke programme, which supports female coaches who have the potential to transition into high performance coaching.

From the applications 18 coaches across 10 sports were selected. They are:

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

### **The Football Association (27 September 2017)**

#### **FA to restructure women's football pyramid at elite level**

The FA has today announced plans which will see a restructure and new licensing criteria for the highest performance tiers of the women's football pyramid.

The announcement followed a detailed review of women's and girls' football competitions conducted for The FA by Wharton Consulting. It also stemmed from the work to build a sustainable and successful high performance system and thorough consultation with all 20 FA Women's Super League (FA WSL) clubs.



The changes will be implemented from the start of the 2018-19 season and will see the current FA WSL 1 expanded to a top tier of up to 14 teams with full-time professional players.

A new national league will be established at tier 2 of the pyramid providing a semi-professional, part-time environment allowing for a maximum of 12 teams. Teams in tier 1 will also be subject to updated licensing criteria. Tiers three and four, the current FA Women's Premier League [FA WPL], will maintain a regional structure with promotion and relegation applicable across all tiers of the pyramid.

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[View the full news item](#)

## **Sport Northern Ireland (October 2017)**

### **Active, Fit & Sporty**

The Active, Fit & Sporty partnership has continued to see success in increasing the number of women and girls across Northern Ireland adopting and sustaining a sporting lifestyle. 2017 has been a very significant year for female sport in Northern Ireland, as both the IRB Women's Rugby World Cup and the UEFA Women's U19 Tournament came to our shores. The Female Sports Forum and the Active, Fit & Sporty partnership have been working to capitalise on the legacy of these events by continuing to encourage women and girls of all ages to participate in physical activity.

Through funding secured from the Department for Communities and Sport Northern Ireland, over 80 organisations benefitted from the Active, Fit & Sporty project in 2016/17 through the 6 partner organisations – Female Sports Forum<sup>1</sup> Disability Sport NI, Sported NI, Ulster University, WISPA (Women in Sport and Physical Activity), and the Youth Sport Trust.

The project is designed to support women and girls in participating, volunteering and coaching at various grassroots sports programmes across Northern Ireland. Those who are inactive are encouraged to take up a new sport at school or university, community groups or sports clubs and the women and girls' project has so far engaged over 2000 inactive females in physical activity.

Another key aspect of the Active, Fit & Sporty project is to facilitate opportunities for females to progress from participating in sport into coaching and leading activities. The women and girls project has created over 1000 learning opportunities for females, trained 6 females with a disability in delivering workshops and the legacy project has developed around 70 opportunities for volunteer training, as well as delivering a bespoke young female leaders programme. Many of the partner organisations have also supported one another in offering their own leadership development programmes.

The recognition of women and girls' achievements in sport is another key strand of the work of both the Female Sports Forum and the Active, Fit & Sporty project. The Women and Girls in Sport project has identified and supported over 50 female role models and also formally recognised 25 females for their contribution to sport in Northern Ireland.

The next important event for the partnership is the Female Sports Forum's Building Momentum Conference taking place at Titanic Belfast on Friday 3<sup>rd</sup> November. The guest speakers for this event are Denise Lewis OBE, Louise Martin CBE and Maria Costello MBE. This event is designed to build on the goodwill around female sport following the two major tournaments held year and continue to raise the profile of female sport across Northern Ireland.

<sup>1</sup> *The Female Sports Forum is hosted by the Northern Ireland Sports Forum and is a*

*partnership of Ulster Rugby, Ulster Hockey, Irish Football Association, Ulster Camogie, and Ulster Ladies Gaelic Football Association; supported by Ulster University & Sport Northern Ireland.*

**Angharad Bunt**  
**Acting Participation Manager, Sport Northern Ireland**

### **English Federation of Disability Sport reports (4 October 2017)**

#### **Goalball star nominated for Women of the Future Award**

Dr Sarah Leiter, of the Goalball Women's GB Team, has been nominated for the prestigious Women of the Future Award. Shortlisted in the \*Sport category, she has been recognised alongside other rising stars across business, culture, media and academia.

A student at Newnham College, Cambridge, Sarah trains with the Cambridge Dons. Having submitted her thesis on Clinical Biochemistry last year, Sarah has returned her medical studies as part of an MB/PhD programme and hopes to pursue a career in genetics and rare disease research.

Goalball is the only Paralympic team sport designed specifically for visually impaired people. Played with raised markings on the floor, blindfolds are used to ensure an even playing field as players locate the ball through sound.

The Women of the Future Awards, founded by Pinky Lilani CBE DL in 2006, were conceived to provide a platform for the remarkable female talent in the UK.....

[View the full news item](#)

#### **\* The full shortlist in the 'Sport' category:**

Elise Christie, GB Short Track Athlete

Emily Craig, GB Rowing Athlete

Page Fuller, Amateur Jockey

Dr Sarah Leiter, GB Goalball player

Alexandra Paske, Founder & Managing Director, Mintridge Events

[View more details](#)

### **Women in Sport (October 2017)**

#### **Take part in our focus group - the effects of the menopause on women's health and wellbeing**

We're carrying out a research study to explore the effects of the menopause on women's health and wellbeing. We have developed an [online survey](#) to gather women's experiences of the menopause and need volunteers to take part.

To be eligible to take part in this research you must be:

- Female
- Aged between 45 and 60
- Currently experiencing menopause OR
- Have previously experienced the menopause within the last two years (i.e. you are post menopause).

If you are interested in taking part in the anonymous survey you can access it [here](#).

[Source of information](#)

## **Women in Sport**

### **New address**

Their address is now:  
House of Sport  
4th Floor  
190 Great Dover Street  
London  
SE1 4YB

[Source of information](#)

**Women in Sport - E-Zine, October 2017 - [available to view](#)**

### **Women's Sport Trust (12 October 2017)**

#### **WST and Virgin Money Giving launch #OneChallenge Film Series**

Inspirational Films that show everyone can change the world...One Challenge at a time  
Earlier this week, Women's Sport Trust and Virgin Money Giving launched [#OneChallenge](#) to tell great stories of women's sport in a series of film shorts.

Each short film concentrates on the extraordinary stories of two female superstars (and Greg Rutherford) meeting – in many cases for the first time – to discuss the great themes of sport.

From muscles to motivation, adventure to parenthood, equality to overcoming terrible adversity.

.....  
To [watch all the films click here.](#)

[View the full details](#)

### **Women's Sport Trust (October 2017)**

#### **Overview of our initiatives**

We want a world where strong, diverse female role models are highly visible rather than hard to find. Sport is one of the most important public arenas we have – which means that sport has the potential to shift how women are seen and how they see themselves.

Below is a selection of our powerful events, campaigns and media initiatives that convert our reach into real action.

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

### **England Golf (13 October 2017)**

#### **Scheme to get more women golfing is set to grow**

A scheme to encourage new women golfers to play more often and have fun on the course has been such a success that it is set to grow.

The Academy Away Days ran in three counties this season and attracted over 300 players, bringing them together for on-course outings to grow their confidence and to make new friends.

Next year the scheme will run again in Hertfordshire, Durham and Cheshire and will also be extended to five new counties: Northumberland, Worcestershire, Suffolk, Devon and Hampshire.

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The success of the scheme is highlighted by the results of a survey of women who took part this summer which indicated that almost 60% have taken out some form of membership.

.....  
England Golf has also piloted the Sunday Slam this year for women aged 18-35 and the concept will be further tested next season.

The Sunday Slam offered a series of monthly stablefords to women who may only be able to play at the weekend and want to get together with other women of a similar age for competitive yet social golf. Events were held at Breadsall Priory in Derbyshire, Belton Park in Lincolnshire, Radcliffe on Trent in Nottinghamshire and The Leicestershire in Leicestershire.

[View the full news item](#)

### **British Gymnastics (13 October 2017)**

#### **Foundation's local hero runner-up for European award**

Kim Hall, Lead Coach for the British Gymnastics Foundation's Love to Move programme, was a very worthy runner up for the Local Hero Award at the European Commission's #BeActive awards ceremony in Marseille, France, on Wednesday night.

The Awards celebrated inspiring contributions to promoting active lifestyles in Europe, with the Workplace Award, Local Hero Award and Education Award all presented.

Love to Move is an age and dementia friendly seated gymnastics programme which is transforming the lives of people living with dementia. Kim has been a vital part of the programme's success, and has played a big part in ensuring participants get the most out of the sessions.

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

*Editor* - if you want to see who won the 2017 #BeActive Awards [view here](#)

### **The Football Association (16 October 2017)**

#### **England and Arsenal striker Danielle Carter joins The FA Council**

England and Arsenal striker Danielle Carter has been appointed as a member of The FA Council.

Carter follows in the footsteps of eight new members, including The FA Youth Council's Sarah Nickless, the PFA's Iffy Onoura and BUCS' professor Dominic Shellard, [who joined The FA Council in July](#).

The 24-year-old is a graduate of 'On the Board' – a scheme aimed at promoting boardroom diversity within football – and sits on the Hertfordshire FA's disciplinary panel.

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

### **Department for Education (24 October 2017)**

#### **PE and Sports Premium doubles to £320 million**

Funding will improve the quality of PE and sport provision in our schools, helping children to be healthy and active.

The department is doubling the funding that primary schools receive to improve the quality of their PE and sport provision from £160 million to £320 million a year, and today (Tuesday 24 October) we have published details of the [individual allocations](#) at school level. We have also published our [funding guidance](#) for this scheme alongside case studies showing how some schools have delivered a real impact for pupils through sports and physical activity.

The PE and Sport Premium is part of a series of programmes led by the department to improve healthy lifestyles among pupils and tackle childhood obesity. As part of the [Childhood Obesity Plan](#), we are working with other departments and agencies – including the Department of Health and the Department for Digital, Culture, Media and Sport – to make sure children are healthy and active.

.....  
The government is delivering a series of actions to improve children’s health. Alongside the doubled PE and Sport Premium, we are investing £100 million through the [Healthy Pupils Capital Fund](#) to facilitate improvements to children’s physical and mental health by increasing and improving access to and use of relevant facilities, such as kitchens, dining facilities, changing rooms and sports facilities.

As part of our wider programme of work, we are also investing a further £26 million in breakfast clubs. This money will encourage innovation and kick-start or improve breakfast clubs in at least 1,500 schools, with a focus on increasing provision for disadvantaged pupils in [Opportunity Areas](#).

[View the full press release](#)

**Sky Sports News reports (27 October 2017)  
Elise Christie named 2017 Sportswoman of the Year  
Ellie Downie and Hannah Cockroft also among winners at awards**

Short-track speed skater Elise Christie has been named the Sunday Times 2017 Sportswoman of the Year at Thursday night’s awards ceremony in London.

The former Sky Sports Scholar capped a great year by lifting the prestigious award, having claimed three world titles in Rotterdam in March.

.....  
The other winners on the night included **Ellie Downie**, who was named the Young Sportswoman of the Year.

.....  
The Team of the Year Award went to the **England** cricket squad, who provided one of the highlights of the year when they won the World Cup on home soil in the summer.

.....  
**Hannah Cockroft** was named Disability Sportswoman of the Year, after another superb 12 months.

.....  
**Anoushe Husain** was the winner of the Helen Rollason Award for Inspiration, **Margaret Palmer** claimed the Community Award and **Caz Walton OBE** was a deserved winner of the Lifetime Achievement Award, having competed at numerous events at the Paralympics between 1964 and 1976, before going on to manage the British team.

[View the full news item](#)

*Publications.....*

**Spotlight on Gender: Active Lives Adult Survey November 2015-16. Sport England, October 2017 (9 pages)**

Focusing on the gender gap, the report unpicks the differences between how men and women engage with sport and physical activity, looking at factors like ethnicity, pregnancy and retirement.

It’s the first of what will be a series of reports that scratch beneath the surface of our Active Lives Adult Survey results.

[Download a copy](#)

### **Active Lives Adult Survey May 2016/017 Report. Sport England, October 2017 (18 pages)**

The intention of this report is to provide the big picture in an easily digestible format. For those wanting to carry out their own analysis of the survey data we would recommend our soon-to-be-launched Active Lives online analysis tool, where you will be able to explore the data and focus upon your own areas of interest.

The third Active Lives Adult Report (November 2016-2017) will be released in March 2018. At this point we will have two full years of data and be able to draw meaningful comparisons with the figures from year one, shedding light on how levels of engagement in sport and physical activity are changing.

[Download a copy](#)

### **Physical activity in early childhood: a report by the All-Party Parliamentary Group on A Fit And Healthy Childhood. All-Party Parliamentary Group on A Fit And Healthy Childhood, October 2017 (86 pages)**

The All Party Parliamentary Group on a Fit and Healthy Childhood recommends accessible, sustainable and informative programmes of physical activity as essential components of child health and wellbeing. We show that rather than being ‘world leaders’ in early childhood physical activity, the UK trails other countries with no cohesive approach between the devolved UK nations. Children with mental or physical disabilities are by-passed (despite proven research into the benefit they derive from physical activity) and the inequalities in provision for young children from poorer socioeconomic backgrounds and diverse cultural backgrounds are not prioritised.

Missed opportunities are plentiful. No ‘Child Obesity Strategy’ succeeds without strong physical activity content and research finds that physical activity from the earliest days has positive outcomes for emotional, social, academic and cognitive growth as well as bodily health. Such benefits precede birth, extending to both parents and during the postnatal period. Yet here there is a marked lack of accredited and funded training for healthcare and education professionals combined with a lack of nationally funded research into the benefits of early years’ physical activity. These issues must be confronted by any government intent upon boosting health outcomes and the APPG illustrates additionally, the ‘whole-child’ developmental benefits of baby and toddler swimming in a much wider sense than the obvious safety concerns.

[Download a copy](#)

## **USA**

### **Female Coaching Network reports (20 October 2017) Trailblazing Female Athletes and Coaches Celebrated at Women’s Sports Foundation’s 38th Annual Salute to Women in Sports (USA)**

The [Women’s Sports Foundation](#) (WSF)—the leading authority on the participation of women and girls in athletics — hosted the biggest night in women’s sports at its 38th Annual Salute to Women in Sports awards gala at Cipriani Wall Street in New York City.

WSF Founder Billie Jean King and WSF President Grete Eliassen were among the high-profile and accomplished attendees at the gala, co-presented by Chevrolet, espnW, FOX Networks Group, Gatorade and NBC Sports Group. They were joined by notable athletes such as Gabrielle Douglas (Gymnastics), Michelle Kwan (Figure Skating), Laurie Hernandez (Gymnastics), Heather Mitts (Soccer), Ibtihaj Muhammad (Fencing), Alana Nichols (Paralympic Alpine Skiing), Chiney Ogwumike (Basketball), Benita Fitzgerald Mosley (Track & Field), and Ilana Kloss (Tennis).



The WSF's coveted 2017 Sportswoman of the Year award was given to 14-time World Championships gold medalist and 14-time USA Swimming national champion, Katie Ledecky (Swimming) in the individual sport category; two-time Olympic medalist and four-time WNBA champion Maya Moore (Basketball) in the team sport category. The award is presented to athletes who have exhibited supreme athletic performance over the past year and distinguished themselves in their sport. Past winners include Abby Wambach (Soccer), Simone Biles (Gymnastics) and Venus and Serena Williams (Tennis).

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### **HealthDay News (13 October 2017)**

#### **Nearly 4 in 10 U.S. adults now obese - CDC stats show growing epidemic that means more illness and health care costs, health experts say**

Almost forty percent adults in the United States are now obese, continuing an ever-expanding epidemic of obesity that's expected to lead to sicker Americans and higher health care costs. Almost four out of 10 adults and 18.5 percent of kids aged 2 to 19 now meet the clinical definition of obesity, according to a new report from the U.S. Centers for Disease Control and Prevention.

That's up from 30.5 percent of adults and 13.9 percent of children in 1999-2000, the CDC report noted.

Public health experts are concerned that the continuing rise in obesity will lead to greater numbers of people suffering from diabetes, heart disease and other chronic illnesses.

"We've made tremendous progress reducing deaths due to cardiovascular disease and stroke in our country. Part of that is due to treatment. Part of that is due to the tremendous reduction in tobacco use," said Dr. Eduardo Sanchez, chief medical officer for the American Heart Association. "But we've worried if obesity trends stayed or worsened that some of those gains might be reduced."

Obesity is defined as a body mass index of 30 or more. A 6-foot-tall man weighing 221 pounds is considered obese, as is a 5-foot-9 woman weighing 203 pounds.

The increase in youth obesity is of particular concern because these children are at greater risk for lifelong health problems, said Dr. Seema Kumar, a childhood obesity specialist with the Mayo Clinic.

Kumar said she regularly sees children with diseases that used to be considered adult-only, including type 2 diabetes, high blood pressure, high cholesterol and fatty liver disease.

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