

INAUGURAL PROFESSORIAL ADDRESS

PUBLIC LECTURE SERIES 2018

AUT



PROFESSOR
ERICA
HINCKSON

Active and Healthy Cities by Design: Be Active Everyone, Everyday, Everywhere

TUESDAY
18 SEPTEMBER

4.30–5.30pm

WA Conference Centre
AUT City Campus
Level 2, WA Building
55 Wellesley Street East
Auckland 1010

To register for this event,
please [CLICK HERE](#)

Refreshments will be served
after the address.

Despite awareness of the well-established benefits of physical activity, rapid changes in technology and the habitual environment over the past fifty years may have caused an increase in sitting, passive travel and subsequently a reduction in incidental physical activity. The accumulation of at least 60 minutes of moderate-to-vigorous physical activity per day is recommended for youth. However, over the course of adolescence, physical activity typically decreases by 60–70%, while sedentary behaviour remains high at 7–14 hours per day. Levels of activity during school age years significantly predict activity levels and health outcomes into adulthood. To date, most efforts to improve Physical Activity have focused on changing individual behaviours, with varying degrees of effectiveness. A socio-ecological approach suggests that the wider environment and contexts in which Physical Activity and Sedentary Behaviour take place should be considered. In this inaugural address Prof Hinckson takes you on a journey of her findings to date.

Professor Erica Hinckson is currently the Head of the School of Sport and Recreation at AUT. She is focused on understanding the associations, patterns, causes and effects of physical activity and sedentary behaviour on health across the lifespan and studies these relationships within the context of the physical environment. Her research-funded projects have included the Health Research Council of New Zealand and National Institutes of Health in the USA. She has been involved in large national, and regional projects such as the School Travel Plan Programme and Healthy Eating–Healthy Action. She is also involved in significant international projects such as the International Physical Activity and Environment Network–Adolescents (IPEN). She is on the steering committee for IPEN–Adolescents, chair of the international Council of Environment and Physical Activity and an inaugural member of the Citizen Science Global Network, which is based at Stanford University.

