

attend in person and have any questions about our SIG please contact us at:
ageing_sig@isbnpa.org

In this newsletter we congratulate the presenters who were awarded best poster and oral presentation at our business meeting. We also announce the call for our upcoming SIG awards.

Further, the Ageing SIG will have the opportunity to host a 2-4 hour workshop the morning of the first day of the Annual Meeting next May. Do you have an idea for a workshop, please share your idea with us at
ageing_sig@isbnpa.org

We hope you enjoy the September newsletter!

Best wishes,

Follow us on Twitter at [@ISBNPA_Ageing](https://twitter.com/ISBNPA_Ageing)



Dr Libby Richards,
Co-chair ISBNPA Ageing SIG



Dr Hattie Wright, co-chair
Co-chair ISBNPA Ageing SIG

NEW MEMBERS OF THE SIG LEADERSHIP TEAM

We would like to welcome the new members of the Ageing SIG leadership team:

Co-chair: Dr Hattie Wright

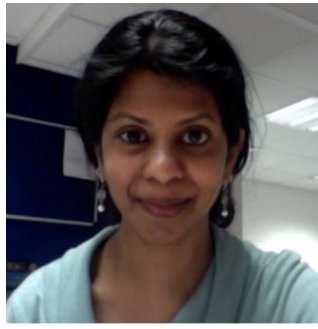
Communication officers: Mr Corey Linton, Dr Divya Sivaramakrishnan and Dr Marina Pinheiro

More details about our leadership team members can be found here:

<https://isbnpa.org/portfolio/aging/>



Mr Corey Linton



**Dr Divya
Sivaramakrishnan**



Dr Marina Pinheiro

AGEING SIG AWARDS

The Ageing SIG is proud to introduce three new SIG awards:

AGEING SIG Outstanding Dissertation Award: This award recognizes doctoral students who have conducted high quality dissertation work in the field of ageing and nutrition and/or physical activity.

AGEING SIG Early Career Investigator Award: This award recognizes early career investigators who are performing high quality research in the field of ageing and nutrition and/or physical activity.

AGEING SIG Distinguished Scientist Award: This award recognizes experienced investigators who have performed/are performing high quality research in the field of ageing and nutrition and/or physical activity.

Recipients of these awards will be highlighted at our annual business meeting and featured in our newsletter.

Nominations are due **April 1, 2024**

For more information about the award categories and how to apply please follow this link: <https://isbnpa.org/portfolio/aging/>



AWARD RECIPIENTS

At our business meeting we presented **Prof Clare Collins** from the University of Newcastle, Australia with the best oral presentation award for her

presentation titled “Reduction in dietary quality is associated with greater healthcare claims and charges over 21 years in Australian women”.

Dr Irima Klicnik from Ontario Technology University received the best poster presentation award for her poster “Social engagement during a sedentary time reduction intervention in assisted living”.



Prof Clare Collins
University of Newcastle



Dr Irima Klicnik
Ontario Technolgy University

UPCOMING WEBINAR

The Ageing SIG will be hosting a Webinar in November about the Global Age-Friendly University Network. Please stay tuned for more details.

Research to Action: Join the Global Age-Friendly University Network

Come learn about the Global Age-Friendly University Network, the process to become a designated university, and the myriad programs and benefits of leading this program on your campus. Learn from leaders at their institutions on committee formats, events, and intergenerational engagement.

PROJECT HIGHLIGHT

Project title: How the perceived neighbourhood environment influences active living in older dwellers of an Asian ultra-dense metropolis

Principal investigator: Dr Ester Cerin

The design and quality of our neighbourhoods can promote or hinder an active lifestyle. This is particularly true for older adults, who may often have physical limitations, making it difficult to stay active.

In this study, we explored if older adults’ perceptions of their neighbourhood was related to their engagement in physical activity and sedentary time. The inter-relationships among perceptions of neighbourhood features were also assessed to determine whether perceptions of certain features (e.g.,

residential density) may impact physical activity and sedentary time by shaping perceptions of other environmental features (e.g., access to services).

We found that older adults who perceived their neighbourhoods to be walkable with well-connected streets, aesthetically pleasing, and having good access to public sitting facilities were more likely to lead an active lifestyle.

However, we also discovered that whilst moderate-to-high levels of residential density promoted an active lifestyle, at extreme levels, the amount of physical activity decreased. This indicated that, whilst moderate-to-high levels of density may contribute to an active lifestyle, there is a limit where once hit, density may start hindering participation in physical activity.

Why is this important?

Many studies have examined the potential impact of older residents' neighbourhood perceptions on engagement in physical activity. This information is important because it can inform the planning and creation of healthy cities for ageing populations. However, most studies did not examine the inter-relationships between features of the neighbourhood environment. By exploring these inter-relationships, the study ensures that the potential impact of these features on an active lifestyle are not under- or overestimated.

Key Takeaway

This study highlights features of the neighbourhood environment that urban planners should aim to integrate into their designs, such as public sitting facilities, greenery and well-kept streets, to ensure that older adults can maintain an active lifestyle.

Publication:

Cerin E, Zhang CJP, Barnett DW, et al. How the perceived neighbourhood environment influences active living in older dwellers of an Asian ultra-dense metropolis. *Cities* 2023;141:104518. doi: <https://doi.org/10.1016/j.cities.2023.104518>

SOCIAL MEDIA UPDATES

Do you have new publications or announcements you would like to share on our Twitter account?

Please send any Twitter content you would like posted to ageing_sig@isbnpa.org

Follow us on Twitter: [@ISBNPA_Ageing](https://twitter.com/ISBNPA_Ageing)

RECENT PUBLICATIONS

- MacDonell SO, Moyes SA, Teh R, Dyall L, Kerse N, Wham C. Is the Utility of the GLIM Criteria Used to Diagnose Malnutrition Suitable for Bicultural Populations? Findings from Life and Living in Advanced Age Cohort Study in New Zealand (LiLACS NZ). *J Nutr Health Aging*. 2023;27(1):67-74. doi: 10.1007/s12603-022-1874-9. PMID: 36651488.

- Adamson A, Davies K, Wham C, Kepa M, Foster E, Jones A, Mathers J, Granic A, Teh R, Moyes S, Hayman K, Siervo M, Maxted E, Redwood K, Collerton J, Jagger C, Kirkwood T, Dyal L, Kerse N. Assessment of Dietary Intake in Three Cohorts of Advanced Age in Two Countries: Methodology Challenges. *J Nutr Health Aging*. 2023;27(1):59-66. doi: 10.1007/s12603-023-1878-0. PMID: 36651487
- Baldwin J, Hassett L, Sherrington C Framework to Classify Physical Activity Intervention Studies for Older Adults. *Translational Journal of the ACSM* 8(3):e000230, Summer 2023. | DOI: 10.1249/TJX.0000000000000230
- Wang BY, Sherrington C, Fairhall N, Kwok WS, Michaleff ZA, Tiedemann A, Wallbank G, Pinheiro MB. Exercise for fall prevention in community-dwelling people aged 60+: more effective in trials with higher fall rates in control groups. *Journal of Clinical Epidemiology* 2023;6:S0895-4356(23)00109-9. doi: 10.1016/j.jclinepi.2023.05.003.
- Cuadra G, Oliveira J, Pinheiro MB, Tiedemann A, Sherrington C, Pivotto L, Khalatbari-Soltani S, Sharma S, Costa N. Physical Activity Interventions for Adults Aged 60+ Years in Low- and Middle-Income Countries: A Scoping Review. *Journal of Physical Activity and Health* 2023. Advance online publication. <https://doi.org/10.1123/jpah.2022-0508>
- Pinheiro MB, Howard K, Oliveira JS, Kwok WS, Tiedemann A, Wang B, Taylor J, Bauman A, Sherrington C. Cost-effectiveness of physical activity programs and services for older adults: a scoping review *Age and Ageing* 2023;52(3):afad023. doi: 10.1093/ageing/afad023.
- Oliveira J, Gilbert S, Pinheiro MB, Tiedemann A, Macedo LB, Maia L, Kwok W, L. Hassett L, Sherrington C. Effect of sport on health in people aged 60 years and older: a systematic review with meta-analysis. 2023; *British Journal of Sports Medicine* 2023;57: 230-236.
- Chan, J., Koster, A., Eussen, S., Pinho, M., Lakerveld, J., Stehouwer, C., . . . Bosma, H. (2023). The association between the food environment and adherence to healthy diet quality: The Maastricht Study. *Public Health Nutrition*, 26(9), 1775-1783. doi:10.1017/S1368980023001180
- Ciaccioni, S., Condello, G., Guidotti, F., & Capranica, L. (2019). Effects of judo training on bones: a systematic literature review. *The Journal of Strength & Conditioning Research*, 33(10), 2882-2896.
- Ciaccioni, S., Capranica, L., Forte, R., Chaabene, H., Pesce, C., & Condello, G. (2019). Effects of a judo training on functional fitness, anthropometric, and psychological variables in old novice practitioners. *Journal of aging and physical activity*, 27(6), 831-842.
- Ciaccioni, S., Pesce, C., Capranica, L., & Condello, G. (2021). Effects of a judo training program on falling performance, fear of falling and exercise motivation in older novice judoka. *Ido Movement for Culture. Journal of Martial Arts Anthropology*, 21(3), 9-17.
- Palumbo, F., Ciaccioni, S., Guidotti, F., Forte, R., Sacripanti, A., Capranica, L., & Tessitore, A. (2023). Risks and Benefits of Judo Training for Middle-Aged and Older People: A Systematic Review. *Sports*, 11(3), 68.

Do you have a new paper you would like highlighted? Email us at ageing_sig@isbnpa.org

UPCOMING CONFERENCES SPOTLIGHT ON AN EARLY CAREER RESEARCHER

One of the aims of the Ageing SIG is to enhance networking, advertise post doc positions, job opportunities and research exchanges. We would like to use the newsletter to invite one Early-Stage Researcher to talk about their PhD topic and future expectations.

Suggest any of your PhD students for our next issue. Please send them to: ageing_sig@isbnpa.org

Spotlight on Dr Dr Simone Ciaccioni

Post-doctoral fellow at University of Rome "Foro Italico", Italy

1) Tell us about your area of research. What attracted you to this area of research?

Within the physical activity, exercise and psychology fields, the research area on fighting arts (e.g., martial arts, combat sports) is really fascinating. Before to be an university student and then an academic researcher in Sport Sciences interested in this topic, I was and I am a practitioner. I've been enjoying the judo training since 1997 and I've started teaching it since 2014 with a very novel application to older people! Actually, these fighting arts hide a rich psychological legacy with promising clinical and psychotherapeutic applications, which I'm exploring with the help of fantastic mentors like prof. Laura Capranica, prof. Caterina Pesce, and prof. Stuart Biddle among many others who I was so lucky to meet in my path.

2) What have been your most exciting achievements to date?

It's difficult to identify a limited number of exciting achievements. In general, I'm very glad that I could connect my theoretical research area with practical applications in the "real world". As mentioned, my academic career in Sport Sciences in Italy and abroad and sporting career in martial arts have stimulated me to examine the effectiveness of judo training programs on relevant health aspects with a holistic approach. In the JSCR systematic literature review of the effects of judo on bone in relation to age, gender, and athletic level, we demonstrated that judo (multi-component, multi-modal, variable-load physical activity) is particularly suited to different populations (e.g., young and old beginners, medium and high level athletes).

Through a multidimensional approach within a Controlled Trial, we then evaluated a judo training program for older people on the following aspects relevant to well-being and quality of life: i. anthropometry, functional fitness, body image and perception of health (see publication on JAPA); ii. falling performance and fear of falling, perception of fatigue, motivation and enjoyment (see publication in Ido Movement of Culture); iii. gait capability (published on JSMPF). I'm also currently involved in three research areas: 1. training of judo coaches for teaching to the elderly (<https://edjco.eu/> see two publications on Sports); 2. relationship between physical activity and mental health (see well-cited umbrella review on PSE; and a mediational analysis on physical and mental health and quality of life in older adults published on IJERPH); 3. determinants of physical activity and sedentary behaviour, with relevant international collaborations through the European Cost DE-PASS

program (<https://depass.eu/>, protocol paper published on BMJ Open). Moreover, I was awarded with the Marinozzi Prize for best master thesis (2016) and recently I received four Virtual Mobility and two Short Term Scientific Mission grants by the Cost action DE-PASS. I also collaborate with other researchers in Sport Management- and Dual Career- related topics (see three publications on Sustainability and one in PLOS ONE).

Finally, I presented the results of these researches in national and international conferences, such as the Italian Society of Sport Science (SISMES), the Italian Society of Anatomy and Histology (SIAI), the European College of Sport Science (ECSS) and the North American Society of Psychology of Sport and Physical Activity (NASPSPA) Congresses. Outside the academic path, I'm an enthusiast judo coach with a 4 dan black belt level and an International Judo Federation Academy certification as judo instructor. I also had experience in teaching and training a broad range of students from 3/4 years old pupils up to 83 years old individuals in different settings (e.g., schools, Hospitals, university and private clubs).

3) Most challenging aspect of doing a PhD?

From my point of view, the most challenging aspect of doing a PhD is to overcome the limited perspective of a student approach towards the difficult autonomous path of a researcher. Said differently, the change from someone who study and learn to someone else who study, learn, create, disseminate and develop projects ideas is indeed hard. Having a good mentor or even more than one is the key.

4) Any tips for others completing a PhD?

Keep doing! Just stop when needed, breath and start again. The PhD path is long and perilous, but if you're there someone with a big expertise selected you. You need to trust them as you need to trust yourself. Try to make as many experience as possible. Travel, learn new methods, new languages if possible. Ask, be curious. You'll may end up becoming a researcher. ;)

5) Tell us about your current role.

I'm a third-year post-doctoral fellow at the University of Rome "Foro Italico". As mentioned, I'm involved in several projects. From my PhD an European Commission Erasmus+ Sport project has bloomed: "Educaing Judo Coaches for Older practitioners" and now after three years a new EU project is following: JOY that stands for "Judo connecting Older and Younger generations". I've been also assigned with a limited number of teaching hours, which are anyway very useful to develop the didactic and andragogic skills within the academic world.

6) What research publications would you like to highlight?

The following publications are all connected to the projects and collaborations I've previously introduced. I hope you'll enjoy the reading. Who knows? Perhaps, a reader could be also interested to start some partnership!

- Ciaccioni, S., Capranica, L., Forte, R., Pesce, C., & Condello, G. (2020). Effects of a 4-month judo program on gait performance in older adults. *The Journal of Sports Medicine and Physical Fitness*, 60(5), 685-692. ---

> discover how judo can help older people in their daily life movements, improving their walking abilities.

- Biddle, S. J., Ciaccioni, S., Thomas, G., & Vergeer, I. (2019). Physical activity and mental health in children and adolescents: An updated review of reviews and an analysis of causality. *Psychology of sport and exercise*, 42, 146-155. ---> self-esteem, anxiety, depression and cognition are critical aspects of mental health. We studied their connection with physical activity.
- Ciaccioni, S., Pesce, C., Forte, R., Presta, V., Di Baldassarre, A., Capranica, L., & Condello, G. (2022). The Interlink among age, functional fitness, and perception of health and quality of life: A mediation analysis. *International Journal of Environmental Research and Public Health*, 19(11), 6850. ---> learn about the relationship between quality of life, physical and perceived health later in life.

7) What do you like to do for fun?

Beside practicing judo (you already know it!), I like travelling (in Italy and abroad) and learning languages. I'm presently studying Japanese. Therefore, I can say to everyone: hi and thanks for your attention! Ciao e grazie per la vostra attenzione! こんにちは、注目してくれてありがとうございます!



Contact details

email: simoneciaccioni@yahoo.it

Twitter/X: @SimoneCiaccioni

<https://scholar.google.com/citations?user=iTHAs9oAAAAJ&hl=it&oi=ao> -

<https://www.researchgate.net/profile/Simone-Ciaccioni>

UPCOMING CONFERENCES AND EVENTS

Both as a judo coach and a researcher in Sport Sciences, Simone Ciaccioni will present at the next conference of the European Network of Sport Education (ENSE:<https://sporteducation.eu/registration-now-open-for-the-16th-ense-forum-in-rome>) to be held in Rome the 21st of September 2023. The following occasion to meet him and listen to the presentation "Never Too Late to Get a Black-Belt: Psychophysiological Impact of a Judo Grading Examination in Older Adults." will be at the Naples' 2023 SISMES Congress to be held during the first days of November (<https://www.sismes.org/xiv-congresso-nazionale/>).

Have anything to add to the next issue? Let us know by sending an email to ageing_sig@isbnpa.org



International Society of Behavioral Nutrition and Physical Activity | www.isbnpa.org, 1300 S.
2nd St, Suite 300,
Minneapolis, MN 55454

[Unsubscribe isbnpaorganization@gmail.com](mailto:isbnpaorganization@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by socialmedia@isbnpa.org powered by



Try email marketing for free today!