

ACTIVITY HIGHLIGHTS

October 2010

YOUTH SPORTS HEALTH & SAFETY ISSUES ACSM continues to lead the charge for heightened safety in youth sports. With the start of school year and fall sports season, ACSM and the PPE (Preparticipation Physical Evaluation) Coalition for Youth Sports Health and Safety renewed their commitment to helping America's youth safely enjoy the benefits of athletic participation. ACSM and the National Football League (NFL) co-sponsored a congressional briefing in Washington, D.C. on Sept. 23, calling attention to the spectrum of issues surrounding the health and safety of youth athletes and emphasizing policies to prevent and safely manage concussion. This month, ACSM and the NFL are producing a downloadable webinar to educate coaches, athletic trainers and others about concussion prevention, symptoms and management.

CHILDHOOD OBESITY AWARENESS MONTH With more than 23 million overweight or obese children and teenagers (31.8 percent) in the U.S., experts now consider childhood obesity to be a national epidemic. Adding further emphasis to this important cause, President Obama and Congress both declared Sept. 2010 the first-ever National Childhood Obesity Awareness Month. ACSM and the National Council on Childhood Obesity Awareness Month spread the word about National Childhood Obesity Awareness Month through the "Healthier Kids, Brighter Futures" website, which offers free resource toolkits and promotes numerous events throughout the country.

GLOBALIZATION OF EXERCISE IS MEDICINE® In June, ACSM hosted the Inaugural World Congress on Exercise is Medicine in Baltimore and celebrated the initiative's global launch. The World Congress served as an international forum to address the science, practice and policy implications of physical activity on disease prevention and health promotion. Since its launch, globalization has experienced much success, and the initiative has established a presence in countries such as Australia, Brazil, Canada, Chile, China, Colombia, Costa Rica, France, Italy, South Africa and Tanzania.

EXERCISE GUIDELINES FOR CANCER PATIENTS Furthering our commitment to make exercise and physical activity a possibility for all populations, ACSM unveiled a roundtable statement on exercise guidelines for cancer patients this summer. The guidelines state that cancer patients and survivors should adhere to the 2008 federal *Physical Activity Guidelines for Americans*, recommending at least 150 minutes per week of moderate-intensity aerobic activity to the extent in which they are able. The guidelines also account for alterations individuals with certain types of cancer – like breast, prostate, colon and hematologic (blood or bone marrow) – should make to their exercise regimen.

ANTI-DOPING INITIATIVE ACSM and the United States Anti-Doping Agency formed Professionals Against Doping in Sports in 2007. A growing list of PADS member organizations adopt strong standards for ethical behavior by their members including a pledge to use all means possible to deter doping by athletes. Of primary concern is the short- and long-term health and welfare of the individual athletes as well as the integrity of sports performance and athletic achievements.

