



For immediate release — Thursday, March 13, 2025

## **Guest speaker and researcher Dr. Mark Tremblay to talk about children’s physical activity levels around the globe**

*Media are invited to interview Dr. Tremblay at 12:30 p.m. on Friday, March 14 in Markin Hall Room M1035*

According to the World Health Organization, physical activity helps children and adolescents build strong bones, encourages healthy growth, and improves motor and cognitive development. Yet, it is estimated that 80 percent of adolescents don’t meet recommended levels of physical activity.

Measuring physical activity levels in children in various countries can be complicated. Some countries may have well-developed sport and recreation programs while children in other countries may participate more in unstructured activities. International comparisons are currently limited by inconsistent measurement procedures and a lack of global data on children under 11 years of age.

Dr. Mark Tremblay, senior scientist at Ontario’s Healthy Active Living and Obesity Research Group (part of Children’s Hospital of Eastern Ontario Research Institute) and president of the Active Healthy Kids Global Alliance, is collaborating with Dr. Richard Larouche, an associate professor in the Faculty of Health Sciences at the University of Lethbridge, on a global study to measure children’s physical activity levels.

“Great insights for intervention strategies can be gathered through international comparisons of how children and adolescents accumulate physical activity,” says Tremblay. “The federally funded GAC-PAQ (Global Adolescent and Child Physical Activity Questionnaire) project being led out of the University of Lethbridge is allowing for this possibility.”

The scientists are leading a 25-plus member team of researchers to develop a standardized app-based questionnaire to assess physical activity in children and adolescents. The app is currently being tested in 16 countries.

Tremblay’s talk is titled *Global research on children’s physical activity: examples, challenges and opportunities*.

The talk begins at 1 p.m. in M1035.

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*Our University's Blackfoot name is Iniskim, meaning Sacred Buffalo Stone. The University is located in traditional Blackfoot Confederacy territory. We honour the Blackfoot people and their traditional ways of knowing in caring for this land, as well as all Indigenous Peoples who have helped shape and continue to strengthen our University community.*