

UNC-USP
Pacific Sport, Physical Activity and Physical Education

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Context

The University of New Caledonia is involved in different aspects of Pacific Sport, Physical Activity and Physical Education. Among the (5) Research and Education aspects, UNC has a strong interest on key policy areas including : “physical activity and health, physical education, high performance, and youth”.

- UNC drives scientific projects and health education interventions in sports and well being for its students on the campus. UNC is affiliated to different national and international sports federations (FNSU, FISU, OUSA). In addition, the school of education of UNC permits to become Physical education teacher (master degree) and do research in sports science (PhD degree).
- The Interdisciplinary Laboratory for Research in Education lab (LIRE) has a strong expertise in sport science related to:

- *high performance (1) (talent detection in diverse disciplines such as soccer, rugby, etc...), the team work with New Caledonian Football Federation since 5 years, with the Pacific Rugby Academia (New Caledonia) since the beginning of the year.

- *physical activity, food and more largely lifestyle and their impact on health in Pacific adolescents with more than eleven international publication these last three years on this topic (2). Associated with the University of Sydney we built an e-health intervention called iEngage (3), which is a digital educational program including physical activity trackers (bracelets) and tablets to engage Pacific islands children in healthy physical activity behavior in school context.

⇒ Publications who might be of interest below in the ressources section.

- At regional/international level, UNC successfully attracted a H2020 (MSCA-RISE Program) grant (1.2M euros) entitled: “Family farming, lifestyle and health in the Pacific” involving 95 researchers to work on this interdisciplinary project in 4 Pacific countries (Fiji, Vanuatu, Solomon Islands, New Caledonia). Here, one of the focus concerns physical activity and exercise in the context of lifestyle. Our actions will be done in schools as well as in families. So, a strong common interest can be found here.
- ⇒ Falah abstract RISE-H2020 below



**Marie Skłodowska-Curie Actions
Research and Innovation Staff Exchange (RISE)
H2020-MSCA-RISE-2019**

Project Acronym: FALAH Project Number: 873185

ABSTRACT: FALAH (Family farming, lifestyle and health) is a multidisciplinary project focused mainly on family farming and food in the Pacific Islands. Due to the close relationship between agriculture and food, the project is structured into three complementary scientific components. The scientific results of the research work carried out in the two thematic work packages (food and agriculture) will largely feed into the third working group based on knowledge exchange and communication. The project involves some fifteen multidisciplinary teams at local, regional and international networks. This network-networking project mobilizes researchers and teaching-researchers from Europe and partners from Vanuatu, Fiji, Solomon, New-Caledonia and Australia. During this project, three times phases are planned at different levels between 2020, 2012 and 2022. In each phase, joint meetings in the form of workshops or conferences are planned for the work packages. At the same time, common areas of experimentation / exploration for future research are planned on the Pacific Fields of application (Fiji, Solomon, Vanuatu and NC). The secondments of the members of the scientific teams are defined on the basis of these joint meetings. The main objective is to build a network of research teams operating in the Pacific Islands that have a common interest in food security and its direct or indirect relationship with the environment, lifestyle and health. The final goal is to promote and revitalise family agriculture to improve the health of Pacific populations and ensure food security in the context of rapid social and economic transformations and climate change, which effect are particularity harmful to Pacific islands.

Keywords: Agriculture, lifestyle, health, economics, network, complementarity, multidisciplinary, sustainable, nutrition, food security, Pacific, family farming, education, environment, methods.

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Figure 1: FALAH Pacific networking, partners and collaborators

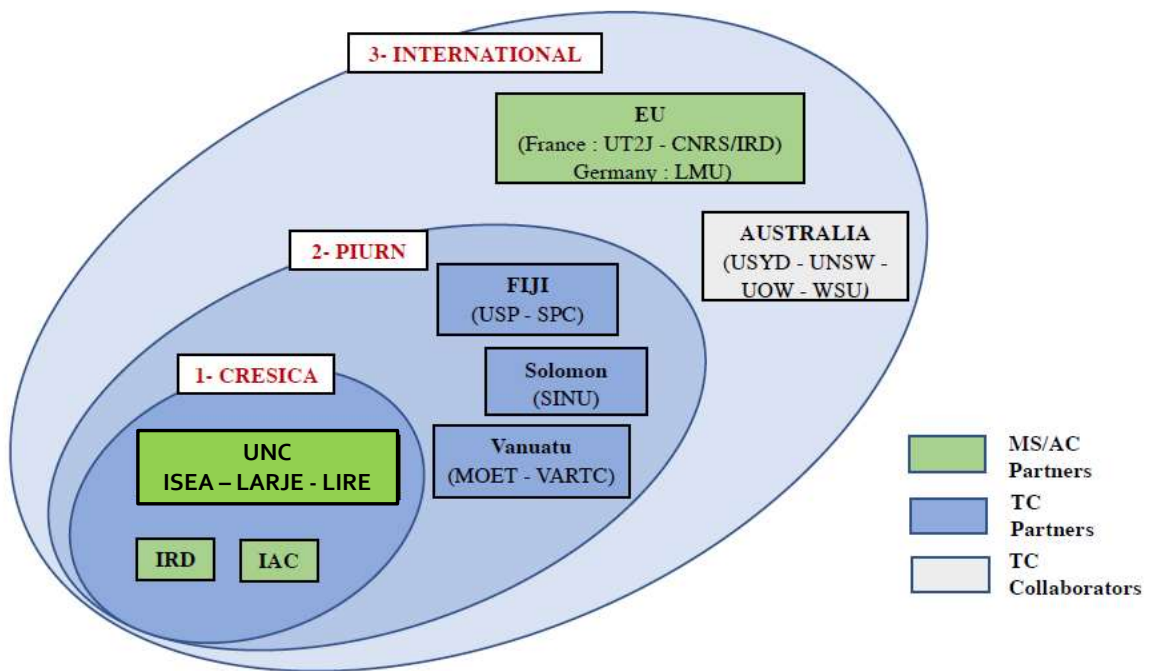
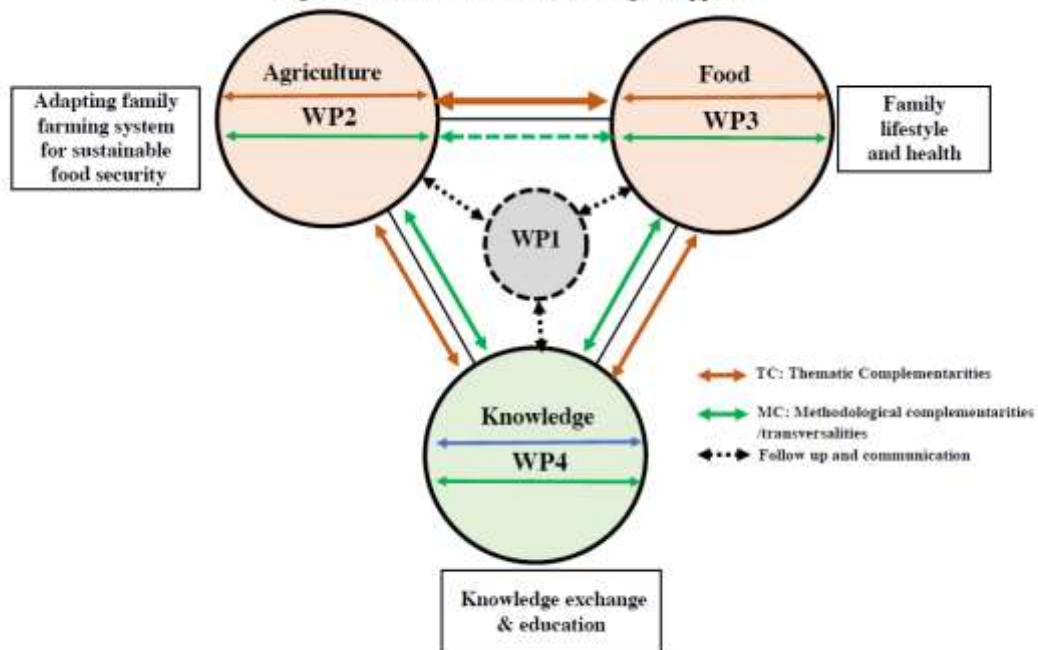


Figure 2: FALAH Pacific, methodological approach



Ressources:

(1) High performance topic

Charlot K, Zongo P, Leicht AS, Hue O, Galy O. Intensity, recovery kinetics and well-being indices are not altered during an official FIFA futsal tournament in Oceanian players. *J Sports Sci.* 2016;34(4):379-88.

Galy O, Zongo P, Chamari K, Chaouachi A, Michalak E, Dellal A, Castagna C, Hue O. Anthropometric and physiological characteristics of Melanesian futsal players: a first approach to talent identification in Oceania. *Biol Sport.* 2015 Jun;32(2):135-41.

(3) E-health topic

*Galy O, Yacef K, Caillaud C. Improving Pacific adolescents' physical activity towards international recommendations: exploratory study of a digital education app coupled with activity trackers. *JMIR mHealth and uHealth*, in press 2019.

* K Yacef, C Caillaud, O Galy. Supporting Learning Activities with Wearable Devices to Develop Life-Long Skills in a Health Education App. *International Conference on Artificial Intelligence in Education*, 394-398

(2) Obesity and Lifestyle interactions in Pacific Islanders adolescents topic:

Frayon S, Wattelez G, Cavaloc Y, Cherrier S, Lerrant Y, Galy O. Too big or too thin? New Caledonian adolescents' perceptions of overweight and underweight. *Am J Hum Biol.* 2019 Aug 28:e23313.

Frayon S, Wattelez G, Cherrier S, Cavaloc Y, Lerrant Y, Galy O. Energy drink consumption in a pluri-ethnic population of adolescents in the Pacific. *PLoS One.* 2019 Mar 22;14(3):e0214420.

Wattelez G, Frayon S, Cavaloc Y, Cherrier S, Lerrant Y, Galy O. Sugar-Sweetened Beverage Consumption and Associated Factors in School-Going Adolescents of New Caledonia. *Nutrients.* 2019 Feb 21;11(2). pii: E452.

Aldwell K, Caillaud C, Galy O, Frayon S, Allman-Farinelli M. Tackling the Consumption of High Sugar Products among Children and Adolescents in the Pacific Islands: Implications for Future Research. *Healthcare (Basel).* 2018 Jul 12;6(3).

Frayon S, Cavaloc Y, Wattelez G, Cherrier S, Lerrant Y, Ashwell M, Galy O. Potential for waist-to-height ratio to detect overfat adolescents from a Pacific Island, even those within the normal BMI range. *Obes Res Clin Pract.* 2018 Jul -Aug;12(4):351-357.

Frayon S, Cavaloc Y, Wattelez G, Cherrier S, Touitou A, Zongo P, Yacef K, Caillaud C, Lerrant Y, Galy O. Body image, body dissatisfaction and weight status of Pacific adolescents from different ethnic communities: a cross-sectional study in New Caledonia. *Ethn Health.* 2017 Nov 2:1-16.

Zongo P, Frayon S, Antoine-Jonville S, Wattelez G, Le Roux PY, Hue O, Galy O. Anthropometric Characteristics and Physical Fitness in Rural and Urban 11- to 16-Year-Old Melanesian Adolescents: A Cross-sectional Study in New Caledonian Schools. *Asia Pac J Public Health.* 2017 Oct;29(7):589-598.

Frayon S, Cavaloc Y, Wattelez G, Cherrier S, Lerrant Y, Galy O. Self-Reported Height and Weight in Oceanian School-Going Adolescents and Factors Associated With Errors. *Asia Pac J Public Health.* 2017 Sep;29(6):526-536.

Frayon S, Cherrier S, Cavaloc Y, Wattelez G, Lerrant Y, Galy O. Relationship of body fat and body mass index in young Pacific Islanders: a cross-sectional study in European, Melanesian and Polynesian groups. *Pediatr Obes.* 2018 Jun;13(6):357-364.

Frayon S, Cherrier S, Cavaloc Y, Touitou A, Zongo P, Wattelez G, Yacef K, Caillaud C, Lerrant Y, Galy O. Nutrition behaviors and sociodemographic factors associated with overweight in the multi-ethnic adolescents of New Caledonia. *Ethn Health.* 2019 Feb;24(2):194-210.

Frayon S, Cherrier S, Cavaloc Y, Wattelez G, Touitou A, Zongo P, Yacef K, Caillaud C, Lerrant Y, Galy O. Misperception of weight status in the Pacific: preliminary findings in rural and urban 11- to 16-year-olds of New Caledonia. *BMC Public Health.* 2017 Jan 5;17(1):25.