

# Associate Professor Hidde, H.P. van der Ploeg

## Biography of proposed Guidelines Development Group

Institutional affiliation(s): -Amsterdam UMC, Vrije Universiteit Amsterdam, Department Public & Occupational Health, Amsterdam Public Health Research Institute, the Netherlands and University of Sydney, School of Public Health, Australia

Academic degrees: PhD ‘Promoting physical activity in the rehabilitation setting’ (2006), Postgraduate degree in Epidemiology (2003) and MSc Human Movement Science (1999)

City and country of primary residence: Hilversum, the Netherlands

## Biography

Hidde van der Ploeg (PhD 2006) is Associate Professor at Amsterdam UMC and holds an adjunct position at the University of Sydney. His educational background is in human movement science as well as epidemiology. His research expertise is in physical activity, sedentary behaviour and public health in adults. His research experience includes:

- Epidemiological studies – studying for example the associations between physical activity, sedentary behaviour and disease/mortality using prospective cohort studies (e.g. 45andUP, HUNT, Lifelines);
- Systematic reviews and meta-analyses – studying for example associations between sedentary behaviour and mortality, population physical activity and sedentary behaviour levels, sedentary behaviour interventions;
- Surveillance and monitoring studies – studying for example population levels of physical activity and sedentary behaviour and their determinants (e.g. DEDIPAC, National Time Use Surveys, EuroBarometer);
- Interventions studies – aimed at improving physical activity and sedentary behaviour in clinical (e.g. the CHALLENGE physical activity trial for colon cancer patients), occupational (e.g. the TANSNIP-PESA lifestyle trial for desk workers) and public health settings (e.g. the EuroFIT lifestyle trial for overweight football fans).
- He has published 130+ peer reviewed papers, was a 2017 National Physical Activity Guidelines committee member for the Dutch Health Council and is editor-in-chief of the International Journal of Behavioral Nutrition and Physical Activity.