

Dr Jean-Philippe Chaput

Biography of proposed Guidelines Development Group

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Biography

Dr Chaput is an Associate Professor of Pediatrics at the University of Ottawa (Canada) and a Research Scientist with the Healthy Active Living and Obesity Research Group at the Children's Hospital of Eastern Ontario Research Institute. Although he published extensively on the topics of physical activity and sedentary behaviour, his main expertise is in sleep research. He is known internationally as an expert on the public health aspects of sleep. He has published more than 300 peer-reviewed articles and has initiated highly successful research collaborations with scientists from around the world to inform guidelines and policies around sleep health. His scientific expertise applies more to children and youth but he also conducts research on adults and older adults. In Canada, he led the 'sleep' portion of the 24-hour movement guidelines for children and youth (2014-2016), the early years (2016-2018), and is currently leading the "sleep" portion of such guidelines for adults and older adults (2018-2020). He thus has a lot of experience in the development of 24-hour movement guidelines (early years, children, youth, adults, older adults), including the conduct of systematic reviews to inform the guidelines and the use of GRADE and AGREE II.