

Dr Stuart J.H.Biddle

Biography of proposed Guidelines Development Group

Institutional affiliation(s) 2017-present: University of Southern Queensland; 2014-2017: Victoria University, Melbourne

Academic degrees B.Ed., M.Sc., PhD.

City and country of primary residence Brisbane, Australia

Dr Stuart J.H.Biddle has expertise from a 40-year career concerning physical activity, sedentary behaviour, and health. My disciplinary roots are in psychology, with a strong focus on behaviour change and mental health.

He has extensive experience of working with agencies to produce physical activity and sedentary behaviour guidelines. The key chronology of my involvement includes:

- 1997-98: Chair and Senior Academic Lead of ‘Young & Active?’, Health Education Authority, England. Production of first physical activity guidelines for young people in the UK.
- 2009-10: Chair, UK Department of Health Cross-Government Obesity Unit Expert Group ‘Sedentary Behaviour and Obesity’; for creation of UK’s first national guidelines for sedentary behaviour.
- 2009: Invited international member of Canadian Physical Activity Guidelines Meeting, ‘Advancing the future of physical activity measurement and guidelines’.
- 2010-11: UK Department of Health Physical Activity Guidelines Writing Group
- 2012-16: Working Group member, Obesity Clinical Practice Guidelines Committee, Health Promotion Board, Singapore.
- 2018: Member of Sedentary Behaviour and Physical Activity and Disability Expert Working Groups for UK Chief Medical Officer’s update for physical activity guidelines
- 2018: Invited participant, Guideline Development Group for the Australian 24 Hour Movement Guidelines for Children and Young People.