

Professor Estelle V. Lambert

Biography of proposed Guidelines Development Group

Institutional affiliation(s): University of Cape Town Research Centre for Health through Physical Activity, Lifestyle and Sport (HPALS), Division of Exercise Science and Sports Medicine (ESSM), Faculty of Health Sciences, University of Cape Town, South Africa

Academic degrees: BA (Physical Education), MS (Physical Education), PhD (Physiology)

City and country of primary residence: Cape Town, South Africa

Biography

Professor Estelle Lambert is Director of UCT Research Centre for Health Through Physical Activity, Lifestyle and Sport, author/co-author on >263 peer-reviewed publications (H-index of 52). Her research on physical activity, obesity and health includes work in the areas of burden of disease and epidemiology; aetiology and mechanisms of health effects/benefits; correlates/determinants associated with PA across the life-course, including environmental determinants and environmental and behaviour change interventions. She served on the executive of the International Society for Physical Activity and Health (ISPAH, 2012-2016), as faculty on the CDC-IUHPE Cardiovascular Seminar Series in Africa (2009-2010), and as outgoing chairperson of the independent council of ISPAH, Agita Mundo. She was part of the WHO international working group that developed the International Physical Activity Questionnaire, an invited reviewer for the WHO Comparative Risk Assessment on PA and advised on the WHO Global Strategy for Diet and Physical Activity (2003). In 2009, she participated in the e-consultation for the Global Recommendations on PA for Health, and in 2018, for the WHO Global Plan for PA. Her division hosted the first IUHPE-CDC International Course on PA and Public Health in Africa, initiating the African PA Network (AFPAN, 2007). In 2016, AFPAN produced the "Nairobi Declaration for Promotion of PA and Sport for Health and Development in Africa". She has recently been invited to contribute content on PA for the South African revised National NCD Plan (2019).