

Surname, first name(s) and initial BIDDLE, Stuart J.H.

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

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

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Biography

I have 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.

I have 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.