

# Sports Medicine Australia media review

## May 2011

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**Inactive childhood equals depressed adulthood**  
Ultra106five, TAS, 3/5/2011, Interviewed Felice Jacka

**Inactive childhood equals depressed adulthood**  
Sunshine FM Perth, WA, 3/5/2011, Interviewed Felice Jacka

### **Fitness with baby on board**

Pregnant? Exercise is recommended – but there are a few precautions you need to take. A study published in the *Journal of Science and Medicine in Sport* said concerns that physical activity influenced shortened gestational age and decreased birth weight were not supported by any modern scientific views. Sports Medicine Australia advised that not only can healthy women with uncomplicated pregnancies continue their previous activity program, it was now also considered safe for mums-to-be to start gentle exercise for the first time.

**West Australian, WA, p.3, 3/5/2011**

**Circulation – 185,545**

**Inactive childhood equals depressed adulthood**  
2UE, NSW, 3/5/2011, Interviewed Felice Jacka

**Inactive childhood equals depressed adulthood**  
2SM, NSW, 3/5/2011, Interviewed Felice Jacka

**Inactive childhood equals depressed adulthood**  
2CC, ACT, 4/5/2011, Interviewed Felice Jacka

**Inactive childhood equals depressed adulthood**  
*Herald Sun*, VIC, 4/5/2011, Interviewed Felice Jacka

**Inactive childhood equals depressed adulthood**  
*Sydney Morning Herald*, NSW, 4/5/2011, Interviewed Felice Jacka

### **Kids' mental health link**

Being physically active in childhood may protect against adult depression, a recent study has shown. The study featured in the May issue of *The Journal of Science and Medicine in Sport*, published by Sports Medicine Australia.

**Redcliffe & Bayside Herald, QLD, p.63, 4/5/2011**

**Circulation – 34,835**

### **Fat failures**

Fat kids can't jump, throw or run as well as their leaner counterparts. Or so they and their parents believe. A study by Sports Medicine Australia showed obese children had poor perceptions of their abilities.

**South East Advertiser, QLD, p.12, 4/5/2011**

**Circulation – 50,802**

### **Inactive childhood equals depressed adulthood**

Being physically active in childhood may protect against adult depression. A study featured in the May issue of *The Journal of Science and Medicine in Sport*, published by Sports Medicine Australia investigated the association between self-reported levels of physical activity in childhood and self-reported depressive illness in a sample of adult men and women from south-eastern Australia.

**Bingara Advocate, NSW, p.3, 4/5/2011**

**Circulation – 950**

### **Pronation and supination: footwear and injuries**

It's important that people who have flatter foot types have shoes that are more supportive when exercising. For more information visit [www.smartplay.com.au](http://www.smartplay.com.au)

**Medibank Feelbetter singles and couples, Winter 2011**

### **A guide to injury management**

Nobody likes being on the sidelines as a result of injury. For further information on injury management, download the Smartplay Fix Up Your Guide to Injury Management Fact Sheet at [www.smartplay.com.au](http://www.smartplay.com.au)

**Medibank Feelbetter singles and couples, Winter 2011**

### **Can I exercise when I'm sick?**

At some stages throughout our lives we all get sick. However, is it safe to be active while affected by illness? For further information visit [sma.org.au](http://sma.org.au)

**Medibank Feelbetter singles and couples, Winter 2011**

### **Eating right for sport**

Food is an important part of sport. It provides the body with the fuel it needs to perform at its best. However, if the wrong foods are consumed, injuries can result. For further nutritional advice visit [sma.org.au](http://sma.org.au) or see a sports dietitian.

**Medibank Feelbetter singles and couples, Winter 2011**

### **Inactive childhood equals depressed adulthood**

**ABC Hobart, TAS, 5/5/2011, Interviewed Felice Jacka**

### **Sedentary children at risk**

Being physically active in childhood may protect against adult depression. A study featured in the May issue of *The Journal of Science and Medicine in Sport*, published by Sports Medicine Australia investigated the association between self-reported levels of physical activity in childhood and self-reported depressive illness in a sample of adult men and women from south-eastern Australia.

**Wimmera Mail Times, VIC, p.20, 6/5/2011**

**Circulation – 8,969**

### **Protection with physical activity**

Being physically active in childhood may protect against adult depression, a recent study has shown. The study featured in the May issue of *The Journal of Science and Medicine in Sport*, published by Sports Medicine Australia.

**The Advocate, QLD, p.11, 6/5/2011**

**Circulation – 4,067**

### **Inactive childhood equals depressed adulthood**

**2GF Grafton, NSW, 9/5/2011, Interviewed Felice Jacka**

### **Inactive childhood equals depressed adulthood**

**HOPE1032, NSW, 9/5/2011, Interviewed Felice Jacka**

### **Sports injuries workshop**

Lithgow sporting clubs are being encouraged to sign up for two workshops on sports taping to help them treat and prevent injuries. Sport and Recreation will host the Sports Medicine Australia Elastoplast Strapsmart workshops during May in Lithgow.

**Lithgow Mercury, NSW, p.22, 10/5/2011**

**Circulation – 3,800**

### **Knowledge for all**

Once again a series of activities to benefit sports administrators, officials, competitors and the general public are coinciding with the Arafura Games. Presenters are from Sports Medicine Australia...

**Northern Territory News, NT, p.17, 10/5/2011**

**Circulation – 19,066**

**Expert advice – Why do I get a stitch?**

Sports Medicine Australia (WA branch) President, Peter Nathan said research indicated 70 per cent of regular runners had experienced a stitch within the past year.

**West Australian, WA, p.2, 10/5/2011**

**Circulation – 184,545**

**Fat failures**

Fat kids can't jump, throw or run as well as their leaner counterparts. Or so they and their parents believe. A study by Sports Medicine Australia showed obese children had poor perceptions of their abilities.

**South East Advertiser, QLD, p.19, 11/5/2011**

**Circulation – 50,802**

**Does caffeine help weight loss?**

Being physically active in childhood may protect against adult depression, a recent study has shown. The study featured in the May issue of *The Journal of Science and Medicine in Sport*, published by Sports Medicine Australia.

**South Eastern Times, SA, p.11, 10/5/2011**

**Circulation – 2,257**

**Inactive childhood equals depressed adulthood**

Being physically active in childhood may protect against adult depression, a recent study has shown. The study featured in the May issue of *The Journal of Science and Medicine in Sport*, published by Sports Medicine Australia.

**South Eastern Times, SA, p.11, 10/5/2011**

**Circulation – 2,257**

**Helmet trend backed by footy league**

Sports Medicine Australia has applauded the new concussion guidelines by the AFL. Sports Medicine Australia spokesperson Dr Rob Reid said: "The last thing we want to be doing is encouraging these guys back onto the field to risk further head injury, especially when it has been suggested that full recovery of brain function may take longer than previously thought."

**Naracoorte Herald, SA, p.9, 12/5/2011**

**Circulation – 2,898**

**Fitness newsdesk**

1 million + number of Australians injured each year playing sport. Statistic by Sports Medicine Australia.

**Men's Health, p.36, June 2011**

**Circulation – 75,579**

**The Bikram boom**

Dr David Bolzonello, Sports Medicine Australia's spokesperson, recommends hot yoga only for very fit types. "If you don't have any medical conditions and hydrate yourself adequately, you should be fine." His only advice for regular hot yogis: "When you sweat this much, you lose sodium and can develop an electrolyte imbalance over time if salts are not replaced in your diet. See a sports doctor if you're concerned."

**Madison, June 2011**

**Circulation – 89,312**

**Sports injuries**

**SA Advertiser, SA, Interviewed Professor Caroline Finch**

**Calorie values and exercise**

**Australian Women's Weekly, Interviewed Professor Kevin Norton**