

# 2007 CPAH International Symposium

**Date:** 18 October 2007, 4 - 6pm  
**Venue:** Auditorium, Medical Foundation Building (K25)

**Address:** 94 Parramatta Road, Camperdown  
Centre for Physical Activity & Health  
University of Sydney



**Speakers:** Dr David Buchner

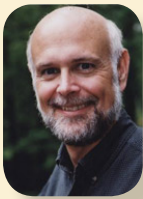
**Dr Cathi Draper**



Chief, Physical Activity and Health Branch,  
Division of Nutrition and Physical Activity,  
United States Centers for Disease Control and  
Prevention (CDC)



UCT/MRC Research Unit for Exercise Science  
and Sports Medicine, Department of Human  
Biology, University of Cape Town



## *“Some surprising links between physical activity and healthy ageing”*

**Dr David M. Buchner** received his B.A. degree from Harvard University and his M.D. from University of Kansas. He was selected to be a fellow in the Robert Wood Johnson Clinical Scholars Program at University of Washington (UW), where he received his M.P.H. degree and training in geriatric medicine. Dr. Buchner joined the UW faculty in 1982, and in 1986, he joined the health services research program at the Seattle VA Medical Center. While at UW, Dr. Buchner's positions included Director of Community Medicine and Co-Director of the UW Center for Cost and Outcomes Research. He was an original investigator in the CDC-funded Prevention Research Center in 1986, and later became Director. He has published extensively in the areas of physical activity in older adults and the role of physical activity in preventing fall injuries. Honors include being voted as one of Seattle's best doctors, and one of the top 20 people who have had an impact in promoting physical activity in Washington State. In 1999, Dr. Buchner joined CDC as Chief of the Physical Activity and Health Branch. The major activities of the Physical Activity and Health Branch involve national monitoring of physical activity levels, research and development related to community-level approaches to promoting physical activity, and programmatic initiatives related to physical activity.

## *“Physical activity and public health in South Africa: Learnings from research in school- and community based settings”*



**Dr Cathi Draper** has been a Post Doctoral Research Fellow at the UCT/MRC Research Unit for Exercise Science and Sports Medicine since the beginning of 2006. After completing her MA degree in Research Psychology in 2002 from the University of Cape Town (UCT), with a focus on qualitative research methods, Dr. Draper worked for 3 years in the field of medical education in the UCT Faculty of Health Sciences. She graduated with her PhD in Public Health from UCT at the end of 2005 with a thesis titled: 'Medical students' attitudes towards and perceptions of the primary health care approach'. Dr Draper currently has a wide range of research interests that include the following: the evaluation of medical curricula, the primary health care approach, social science aspects of physical activity as a means of health promotion and disease prevention, evaluation of health promotion and sport for development programmes, and the epidemiology of spinal cord injuries, including injury prevention. In her time at the UCT/MRC Research Unit for Exercise Science and Sports Medicine she has been mostly involved in the evaluation of school- and community-based physical activity programmes in both rural and urban disadvantaged settings, and will be sharing some of the learnings that have emerged from this research.