

Prof. Dr. Sylvia Titze

Prof. Sylvia Titze studied Biology and Sport Science at the University of Graz, Austria and did her MPH postgraduate degree in Switzerland. The involvement in a worksite physical activity intervention was her starting point for her research on health-enhancing physical activity (HEPA). Since that time her research interest has moved to the relationship between environmental, social and personal variables and physical activity behaviour partly focusing on bicycling as a means of transport. More recently, she has become active in encouraging political commitment for the promotion of HEPA. In this context Sylvia initiated the development of a physical activity monitoring system in Austria. Furthermore, she was the second time responsible to lead an expert group in order to develop the updated Austrian physical activity guidelines which have been published in June 2020. The evaluation of a project with two sectors involved (health insurances and organized sports) is at the moment her challenge in terms of the maintenance of the intervention quality as well as in terms of the dissemination across Austria.