

Movement, Nutrition and Sleep Special Interest Group (SIG)

Terms of Reference

Introduction and Purpose

The Movement, Nutrition and Sleep SIG is established under the Oceania Academy of Cerebral Palsy and Other Childhood-onset Disabilities to bring together researchers, clinicians, clinician-researchers, people with lived experience, and families across Oceania who have an interest in movement behaviours, sleep and nutrition for the health of individuals with cerebral palsy and other childhood-onset disabilities.

The purpose of the SIG is to advance evidence-based approaches to physical activity promotion, sedentary behaviour and screen-time management, sleep health, and behavioural nutrition and healthy eating across the lifespan. The SIG will also advocate for equitable and accessible opportunities for people with childhood-onset disabilities and their families to engage in health-promoting behaviours. The SIG will actively collaborate with other Oceania Academy SIGs, including through co-badged events and joint activities. The SIG responds to the strategic priorities of the Oceania Academy by supporting multidisciplinary scientific education, promoting best-practice clinical care, broadening interdisciplinary membership, and creating opportunities for lived-experience leadership and wider impact.

The SIG's scope includes the following content areas:

- Physical activity, including promotion, measurement and prescription of home-, leisure-, school-, community- and rehabilitation-based physical activity.
- Sedentary behaviour and screen time, including patterns, health impacts, and strategies to optimise screen use while reducing non-essential sedentary screen time.
- Sleep, including sleep duration, quality and timing, links with daytime function, mental health, development, behaviour and growth, and tailored interventions to support healthy sleep routines for children and families.
- Behavioural nutrition and diet quality, including psychological, social and environmental influences on diet quality and mealtime participation across diverse feeding experiences, including tube feeding.
- Integrated 24-hour approaches that consider how physical activity, sedentary time, sleep, and nutrition interact to influence outcomes such as mental health, body composition, growth and development.

The SIG's activities may include:

- Knowledge exchange activities such as webinars, symposia and educational resources.
- Research collaboration, including development of research agendas, outcome measures and intervention studies.
- Service development activities that help embed health-behaviour support into routine developmental medicine, rehabilitation, and health services.
- Advocacy and policy activities, including contributions to position statements, clinical guidelines and policy submissions.

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- Capacity building and mentoring for clinicians, researchers, lived-experience partners, and early-career members.

Membership and structure

The Movement, Nutrition and Sleep SIG will be led by a Chair/Co-chairs and a Steering Committee. Expressions of interest for Steering Committee positions will be sought through Academy channels and professional and lived-experience networks.

Membership of the SIG is open to:

- Health professionals, researchers and clinician-researchers working in cerebral palsy and other childhood-onset disability fields.
- People with lived experience of cerebral palsy and other childhood-onset disabilities, including family members and carers where relevant.
- People from a range of professional and disciplinary backgrounds relevant to the SIG focus, including but not limited to physiotherapy, exercise physiology, dietetics, psychology, sleep medicine and related areas.

Members will be strongly encouraged to be members of the Oceania Academy; however, Academy membership is not mandatory unless otherwise required by the Academy for leadership roles. The SIG will seek guidance from lived-experience partners and First Nations and Pacific members in the development of the group and will work toward inclusion of their perspectives.

Roles and Responsibilities

The Co-Chairs and Steering Committee are expected to:

1. Provide strategic leadership of the SIG and oversee progress against the purpose and scope of the group.
2. Convene and facilitate meetings or delegate this task where appropriate.
3. Liaise with the Oceania Academy Board, relevant committees and other SIGs, including reporting on SIG activities and collaborating on events and other activities.
4. Lead outreach and recruitment processes, including seeking expressions of interest for steering committee and SIG membership.
5. Support succession planning and sustainability of the SIG leadership.

Members of the SIG are expected to:

1. Attend online meetings, or send apologies when attendance is not possible.
2. Actively participate in meetings, processes and tasks of the SIG.
3. Contribute ideas from their area of expertise and provide feedback on SIG priorities and activities.
4. Support the development of collaborative education, research, clinical practice and advocacy initiatives aligned with the SIG's purpose.
5. Provide timely responses to requests for information, feedback and advice from other members.
6. Contribute to open, respectful and collaborative discussion.
7. Respect privacy and confidentiality where required.
8. Support inclusive and equitable decision-making and shared leadership within the group.

Becoming a SIG member

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Membership enquiries will be directed to the Co-Chairs or nominated SIG representatives listed on the Oceania Academy's SIG website (<https://www.OceaniaAcademy.org.au/education/OceaniaAcademy-pain-research-special-interest-group/>). The SIG will promote membership through Academy communications, including newsletters and annual meeting activities. Membership will also be promoted through existing professional, research and community networks via newsletters, conferences and other activities.

Meetings and communication

SIG meetings will be held approximately every three months and will occur online via Zoom, Microsoft Teams or a similar platform. Meetings will run for approximately one hour.

Meeting agendas will be circulated in advance, and minutes or key actions will be recorded and distributed after each meeting. The Co-Chairs, or their delegate, will facilitate meetings and oversee communication with members. A representative of the SIG Steering Committee will provide updates on activities to the Oceania Academy through the Annual General Meeting, Board meetings, newsletters, or other communication channels as required.

Research Authorship

Where research, presentations or publications arise from SIG activities, authorship and contributor arrangements will be discussed and agreed on at the commencement of each project. Presentations and publications substantially informed by the SIG should acknowledge the contribution of the group where appropriate.

Review and Term

These Terms of Reference take effect from the date of endorsement by the Oceania Academy. This document will be reviewed within 12 months of the endorsement date, then reviewed at every two years, or earlier if required by the Academy or the SIG.

To support sustainability, the SIG will maintain a broad multidisciplinary committee and a succession plan for leadership roles, including fixed leadership terms where endorsed by the Academy.

Appendices

Appendix A: Movement, Nutrition and Sleep SIG Steering Committee

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Role	Name	Primary organisation	Contact
Co-chair	Dr Tara FitzGerald	The University of Melbourne	tara.fitzgerald@unimelb.edu.au
Co-chair	Dr Sarah Reedman	The University of Queensland	s.reedman@uq.edu.au
Member	A/Prof Sian Williams	Curtin University	sian.williams@curtin.edu.au
Member	Dr Gaela Kilgour	The University of Melbourne	kilgour.g@unimelb.edu.au
Member	A/Prof Jasneek Chawla	The University of Queensland	j.chawla@uq.edu.au
Member	Dr Claire Willis	The Kids Research Institute	claire.willis@thekids.org.au
Member	Dr Stina Oftedal	The University of Queensland	s.oftedal@uq.edu.au