



Paper of the Year 2018

The Editorial Board is pleased to announce the 2018 *Paper of the Year Award*. The winning paper is judged by a panel of members of the International Advisory Board who do not have a conflict of interest with any of the papers under consideration. They vote for the paper published in the 2018 calendar year that, in their opinion, has the best combination of scientific merit and application to the clinical practice of physiotherapy.

The winning paper is 'Low leisure-based sitting time and being physically active were associated with reduced odds of death and diabetes in people with chronic obstructive pulmonary disease: a cohort study'.¹ The authors are Associate Professor Zoe McKeough from The University of Sydney and her colleagues from Sydney and the United Kingdom.

People with chronic obstructive pulmonary disease (COPD) engage in low levels of physical activity,² which is associated with adverse health effects.³ Guidelines for people with COPD encourage them to meet the general physical activity guidelines for adults but advice about sedentary behaviour is lacking. The winning study by McKeough et al¹ identified that among people with COPD, adhering to physical activity guidelines and keeping leisure-based sitting time low has a mortality benefit and lowers the odds of developing diabetes.

The evidence generated by McKeough and colleagues is an important step in a pathway of research about promoting physical activity and reducing sedentary behaviour in people with chronic disease. The winning paper therefore adds to recent evidence on this topic.⁴⁻⁶

The members of the Editorial Board congratulate Associate Professor McKeough and her co-authors on their success.

References

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