Introducing the Physical Activity Guidelines for Americans, 2nd edition

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Outline

• Background and Development of the Guidelines

• What’s New in the Physical Activity Guidelines, 2nd edition

• How you can Help Promote the Guidelines and Move Your Way Campaign
Background: History and Development of the Physical Activity Guidelines
History of the Physical Activity Guidelines

2008

2013

2018
Developing the Guidelines

2018 Advisory Committee Report

Public comment

Federal agency comment

Physical Activity Guidelines for Americans

Peer review
What’s New In the Physical Activity Guidelines for Americans
What’s New: Physical Activity Guidelines for Americans

- Expanded science base
- New to this edition:
  - Guidance for preschool-aged children (3-5 years)
  - Discussion of sedentary behavior
  - Removal of 10 minute bout length requirement
  - Evidence for even more health benefits – including immediate effects
  - Tested strategies for physical activity promotion
Key Guidelines for Americans Ages 3 and Over
Guidelines for Children Ages 3 Through 5

Key Guidelines for Preschool-Aged Children

1. Preschool-aged children (ages 3 through 5 years) should be physically active throughout the day to enhance growth and development.

2. Adult caregivers of preschool-aged children should encourage active play that includes a variety of activity types.
Move More and Sit Less

Sedentary behavior increases risk of:

- All-cause mortality
- Cardiovascular disease mortality
- Cardiovascular disease
- Type 2 diabetes
- Colon, endometrial, and lung cancers

Relationship Among Moderate-to-Vigorous Physical Activity, Sitting Time, and Risk of All-Cause Mortality in Adults

Risk of all-cause mortality decreases as one moves from red to green.
Any Activity Counts

- No lower threshold for benefits from physical activity
- Most benefits are attained with at least 150-300 minutes of moderate physical activity per week
- Some health benefits are immediate

Relationship of Moderate-to-Vigorous Physical Activity to All-Cause Mortality

- No lower threshold for benefit
- Steep early slope
- About 70% of benefit reached by 8.25 MET-hours per week
- No obvious best amount
- 150-300 minutes of moderate physical activity
- No evidence of increased risk at high end

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### New Health Benefits

**Short Term Benefits**
- Improve quality of life
- Reduce anxiety
- Reduce blood pressure
- Improve insulin sensitivity
- Improve sleep outcomes

**Long Term Benefits**
- For youth, improve cognition
- For adults, prevent 8 types of cancer (previously 2)
- For adults, reduce risk of dementia, including Alzheimer’s disease
- For older adults, lowers risk of injuries from falls
- For pregnant women, reduces the risk of postpartum depression.
- For all groups, reduces the risk of excessive weight gain

**Disease Management**
- Decrease pain of osteoarthritis
- Reduce disease progression for hypertension
- Reduce disease progression for type 2 diabetes
- Reduce symptoms of anxiety and depression
- Improve cognition for those with dementia, multiple sclerosis, ADHD, and Parkinson’s disease
Benefits of Physical Activity for Adults and Older Adults

- Lower risk of all-cause mortality
- Lower risk of cardiovascular disease mortality
- Lower risk of cardiovascular disease (including heart disease and stroke)
- Lower risk of hypertension
- Lower risk of type 2 diabetes
- Lower risk of adverse blood lipid profile
- Lower risk of cancers of the bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach
- Improved cognition
- Reduced risk of dementia (including Alzheimer’s disease)
- Improved quality of life

- Reduced anxiety (both short-term and long-term)
- Reduced risk of depression
- Reduced depressed mood
- Improved sleep
- Slowed or reduced weight gain
- Weight loss, particularly when combined with reduced calorie intake
- Prevention of weight regain following initial weight loss
- Improved bone health
- Improved physical function
- Lower risk of falls (older adults)
- Lower risk of fall-related injuries (older adults)
Benefits of Physical Activity for Youth

- Improved bone health (ages 3 through 17 years)
- Improved weight status (ages 3 through 17 years)
- Improved cardiorespiratory and muscular fitness (ages 6 through 17 years)
- Improved cardiometabolic health (ages 6 through 17 years)
- Improved cognition (ages 6 to 13 years), includes performance on academic achievement tests, executive function, processing speed, memory
- Reduced risk of depression (ages 6 to 17 years)
- Reduced depressed mood (ages 6 to 17 years)
What Works?

For Individuals or Small Groups

- Guidance from peers or professionals
- Support from others
- Technology

For Communities

- Point of decision prompts
- School policies and practices
- Access to indoor or outdoor recreation facilities or outlets
- Community-wide campaigns
- Community design
Promoting the Guidelines
Move Your Way Campaign

• **Vision:** Consumer-focused campaign to promote physical activity recommendations in the second edition of the Physical Activity Guidelines

• **Purpose:**
  - Raise awareness of recommendations
  - Change behavior among consumers

• **Target audiences:** physical activity contemplators, or those who are not yet meeting the recommendations in the Physical Activity Guidelines and health professionals (as conduits to consumers)
Resources for Health Professionals

Interactive tools

Posters and factsheets

Series of videos
Find Out More

- For health professionals:  

- For consumers:  
  [http://health.gov/MoveYourWay](http://health.gov/MoveYourWay)

- Questions  
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