

2008 Physical Activity Guidelines for Americans

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Physical Activity Guidelines History

- 1996 U.S. Surgeon General's Physical Activity and Health Report
- 2005 U.S. Department of Agriculture Dietary Guidelines for Americans
- 2007 American College of Sports Medicine and American Heart Association
- 2008 Health and Human Services and Centers for Disease Control and Prevention

Overview

- Background and development
- The Guidelines
 - Children and adolescents
 - Adults
 - Older adults
 - Special considerations
- Promotion of the Guidelines



2008 Physical Activity Guidelines for Americans

“The Federal Government published comprehensive Physical Activity Guidelines for Americans for the first time in 2008”



Developing the PA Guidelines

Processes

Proposal to HHS for New PA Guidelines



IOM Workshop (Oct 2006)



Secretary Leavitt Announcement:
HHS to release PA guidelines in Oct 2008



Form HHS Leadership Team:
HHS, ODPHP, PCPFS, CDC



Systematic Evidence Review (CDC)

Products

ADEQUACY OF EVIDENCE FOR
PHYSICAL ACTIVITY
GUIDELINES DEVELOPMENT



WORKSHOP SUMMARY

REPORT OF GUIDELINES
DEVELOPMENT

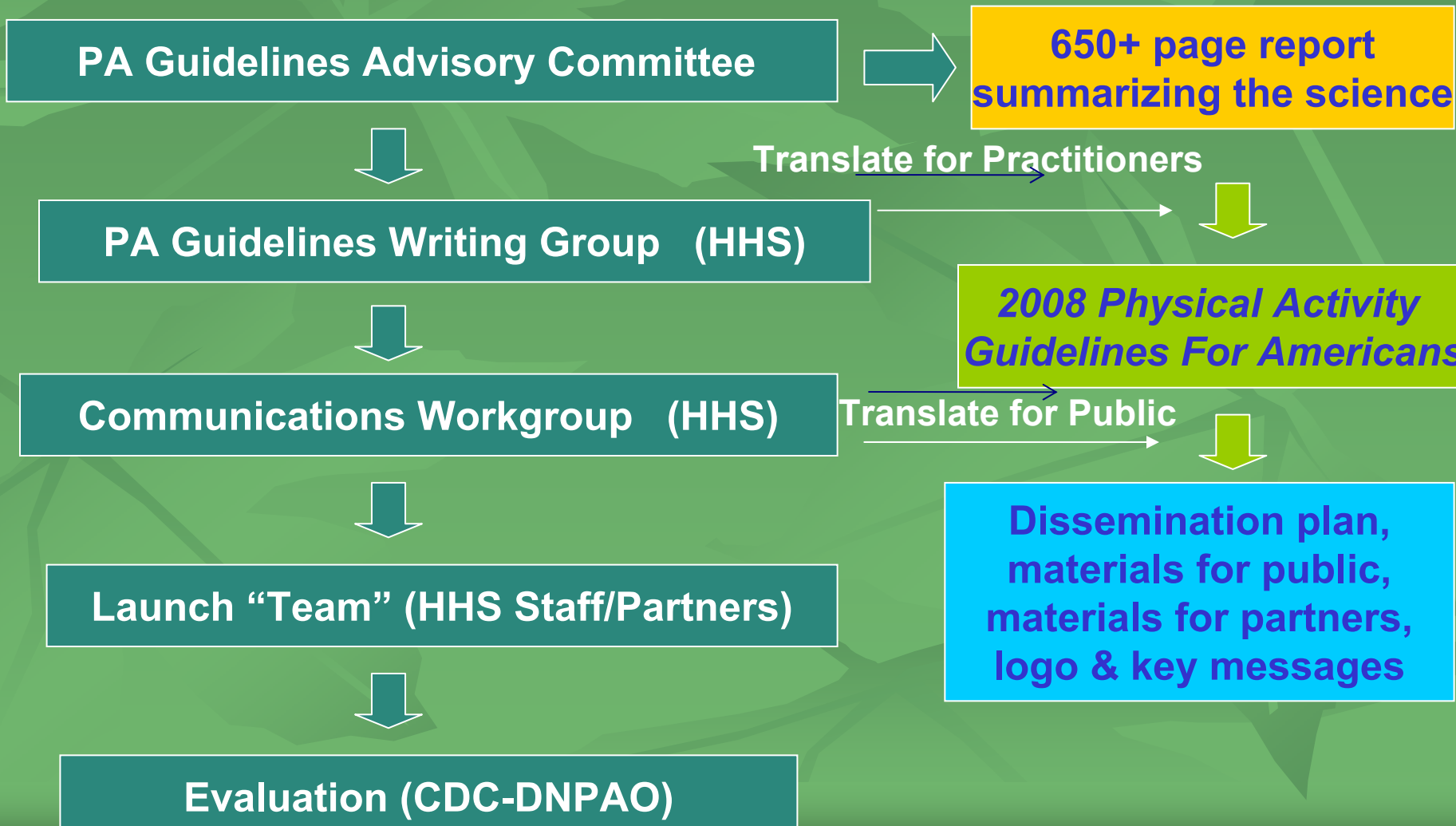


Searchable Data Base
(now public access)

Developing the PA Guidelines

Processes

Products



What Is New About the PA Guidelines?

- First major scientific review in more than a decade

Provides guidance for many groups:

Children and adolescents
Healthy adults and older adults
Pregnant and postpartum women
People with disabilities and chronic conditions

Provides guidance for non-aerobic activities:

Muscle and bone-strengthening, flexibility, balance

Identifies health benefits, amounts necessary to get the benefits and provides bridge to PA promotion

Specifies a total amount of activity per week



What May Surprise You About the PA Guidelines

- More choices on frequency (days/week)
- Can use varying intensity levels
- Muscle-strengthening activities strongly endorsed, but no requirement for non-consecutive days
- Flexibility activities, and warm-up/cool down activities are acceptable, but not a guideline
- Separate guideline to avoid inactivity



PA and Healthy Weight

PA Guidelines did not repeat:

- “60 minute guideline” for prevention of weight gain and “90 minute guideline” for weight regain
- Obesity/healthy weight regarded as one of many chronic conditions “more is better”
- Clear statement that healthy children and adults do not need “physician approval” or consultation prior to engaging in PA
- Substantial attention to injury prevention and PA modifications for individuals with chronic conditions

What are the *2008 Physical Activity Guidelines for Americans?*



Volume is Major Determinant of Health Benefits

- Volume
 - Total weekly amount of PA
 - Product of:
 - frequency (episodes/week)
 - intensity (level of effort/episode)
 - light, moderate, vigorous
 - duration (time/episode)
- Volume is more important to health benefits than any single component

Health Benefits of Physical Activity: Strong Evidence

- Lower risk of:
 - Early death
 - Coronary heart disease, stroke
 - High blood pressure, adverse lipid profile
 - Type 2 diabetes
 - Cancers: Colon and Breast
- Prevention of weight gain
- Weight loss (with reduction of caloric intake)
- Prevention of falls
- Depression, cognitive function (older adults)

Children and Adolescents (ages 6-17)

- 60 or more minutes of physical activity daily
 - Aerobic: Most of the 60 or more minutes per day should be either moderate or vigorous-intensity aerobic physical activity. Include vigorous-intensity physical activity at least 3 days per week
 - Muscle-strengthening: Include muscle-strengthening physical activity on at least 3 days of the week, as part of the 60 or more minutes
 - Bone-strengthening: Include bone-strengthening physical activity on at least 3 days of the week, as part of the 60 or more minutes
- Encourage participation in physical activities that are:
 - Age appropriate, enjoyable, and offer variety



Comments on Child and Adolescent Guidelines

- As opposed to adults, there is no choice on frequency
 - Daily PA required
- Unstructured play can meet guidelines
- Requires some vigorous-intensity activity
 - Moderate-intensity activity only is not sufficient
- Insufficient data to specify exact amounts/ranges of vigorous aerobic, muscle strengthening, and bone strengthening
- Challenge to track youth that meet this guideline



Comments on Child and Adolescent Guidelines Cont.

- As children age, structured activity becomes a more appropriate way to get PA
- Emphasis on a variety of activity reflects attention to:
 - Importance of skill development
 - Reducing overuse injuries
 - Fun/adherence
- First chapter of PA Guidelines affirms importance of PA to children younger than age 6; science not reviewed for ages 0-6 years
- PA recommended for children with disabilities



Physical Activity Strategies for Youth

- Provide time for structured and unstructured physical activity during and outside school
 - Recess, PA breaks, PE, After-school programs
- Positive feedback and good role modeling
 - Praise, rewards, encouragement
 - DO NOT use physical activity as punishment
- Help young people learn skills
 - Understand intensity, set goals, provide protective gear
- Promote lifetime physical activity
 - Allow for a variety of physical activities



Adults (ages 18-64)

- Avoid physical inactivity
- Substantial health benefits from medium amounts of aerobic activity
- More health benefits from high amounts of aerobic activity
- Muscle-strengthening activities provide additional health benefits



Recommended Amount of PA

- For substantial health benefits, adults should do:
 - at least **150 minutes** (2.5 hours) a week of moderate-intensity aerobic activity
OR
 - **75 minutes** (1.25 hours) a week of vigorous-intensity aerobic physical activity
OR
 - an **equivalent combination** of moderate and vigorous-intensity aerobic activity
- Aerobic activity should be performed
 - in episodes of at least 10 minutes,
 - and preferably, it should be spread throughout the week

150 Minutes Guideline

- Minimum duration = 10 minutes
 - Episodes of 10 minutes or longer improve aerobic fitness and some biomarkers
 - Total PA in most observational studies is usually accumulated from activities of varying, but unknown, duration
 - Unknown (and difficult to study) if health benefits of one 30 minute bout are exactly the same as from three 10 minute bouts



150 Minutes Guideline Cont.

- Minimum Frequency

- There is insufficient evidence to say that the health benefits are any different from moderate-intensity PA:
 - 50 minutes/day on 3 days/week = 150 minutes
 - 30 minutes/day on 5 days/week = 150 minutes

- The 30 minute/day x 5 days/week guideline is too specific, but still OK to follow

- Guidelines suggest 3 days/week as minimum frequency

- Know that 3 days/week produces health benefits
- Concern about injury risk with 150 minutes from only 1 or 2 days/week
- In the observational studies reporting health benefits of medium (and high) amounts of activity, it appears most people spread the activity throughout the week

For Additional Health Benefits

- For additional and more extensive health benefits, adults should increase their aerobic physical activity to:
 - 300 minutes (5 hours) a week of moderate-intensity PA
OR
 - 150 minutes a week of vigorous-intensity aerobic PA
OR
 - an equivalent combination of moderate and vigorous-intensity activity
- Additional health benefits are gained by engaging in physical activity beyond this amount

Muscle-Strengthening Guideline

- Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits



Flexibility Activities

- Flexibility activities are acceptable
- No known health benefits
 - Insufficient evidence that activities like stretching reduce injury risk
 - Time spent in flexibility activities by themselves does not count toward meeting guidelines

However,

- Flexibility activities are usually part of exercise programs
- Flexibility is a component of fitness
- People need sufficient flexibility to be active
- Flexibility activities, like stretching, do increase flexibility

Warm-Ups and Cool Down

- Warm-up and Cool Down activities are acceptable
- Insufficient data that these activities by themselves reduce injury risk
- These activities can count toward guidelines if at least moderate-intensity (walking to warm up for run)
- Acceptable:
 - Commonly part of exercise programs
 - May make activity more pleasant

Older Adults (ages 65+)

- The 4 key guidelines for adults apply to older adults, but there are 4 additional qualifying guidelines
 - Guideline for adults who cannot do 150 minutes/week
 - Balance exercises
 - Only use level of intensity that is relative to fitness level
 - Chronic conditions and injury risk



Injury Prevention Guidelines

- Understand risks; benefits clearly outweigh risks
- Can lower injury risk by choosing appropriate activity
- Increase physical activity gradually over time
- Follow principles of injury prevention
- Consult a health care provider for individuals chronic conditions or symptoms

Health Care Provider Consultation

- The protective value of a medical consultation for persons with or without chronic diseases who are interested in increasing their physical activity level is not established
- Healthy adults and older adults with no chronic conditions/no symptoms DO NOT need to see a health care provider about physical activity
- Not necessary to consult health care provider prior to vigorous activity, if increase gradually over time and remain asymptomatic

Additional Considerations

Other subgroups of the population in the 2008 *Physical Activity Guidelines for Americans* include:

- Persons with disabilities
- Adults with selected chronic conditions
- Women during pregnancy and the postpartum period



Socio-Ecological Model

- Individual (Personal goal setting)
- Interpersonal (Social support and Encouragement)
- Organizational (Worksite health promotion)
- Community (Access to parks/recreational facilities)
- Policy (Policies that promote active transportation)

Community Approaches

- Increase reach of individual-level interventions
- Point-of-decision prompts
- Physical education classes
- Social support
- Community-wide campaigns
- Create or enhance access
- Street-scale design
- Community-scale design



More Information

- HHS:
 - www.health.gov/paguidelines
 - www.healthfinder.gov (Get Active)
- Receive a toolkit filled with outreach information
 - Fact sheets
 - FAQs
 - User's Guide
 - PowerPoint slides
 - Drop-in news article
- Be listed as a Supporter on the HHS Physical Activity Guidelines Website





USDA

- Find your balance between food and physical activity
- Be physically active for at least 30 minutes most days of the week
- Children and teenagers should be physically active for 60 minutes every day or most days
- For health benefits, physical activity should be **moderate** or **vigorous** and add up to at least 30 minutes a day



USDA

- More benefits if longer duration and more vigorous
- To prevent weight gain, 60 minutes of MVPA most days of week with caloric control
- To sustain weight loss, 60-90 minutes of moderate activity with caloric control
- Include cardio, resistance, and calisthenics



USDA

- PA and Weight Control – unique to Dietary Guidelines for Americans
- PA guidelines regard obesity as one of many chronic conditions for which “more is better”
- PA and dietary intake are connected when it comes to weight control (increased variability from one individual to next)

Putting the Guidelines to Practice

- How have your programs currently promoted the *2008 Physical Activity Guidelines for Americans*?
- What are your plans to promote these *Guidelines*?
- What benefits do you realize in the new *Guidelines*?
- What concerns do you have with the new *Guidelines*?

The background of the image is a solid green color with a faint, repeating pattern of stylized leaves and stems. The leaves are depicted in various shades of green, creating a textured, naturalistic feel.

BE ACTIVE
and
STAY ACTIVE !



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