



Meeting 4

# Welcome

Katrina L. Piercy, PhD, RD, ACSM-CEP  
Alternate Designated Federal Officer



# 2018 Physical Activity Guidelines Advisory Committee Membership

- **Abby C. King, PhD, Co-chair**  
Stanford University School of Medicine
- **Ken Powell, MD, MPH, FACSM, Co-chair**  
Retired, CDC and Georgia Department of  
Human Resources
- **David Buchner, MD, MPH, FACSM**  
University of Illinois
- **Wayne Campbell, PhD**  
Purdue University
- **Loretta DiPietro, PhD, MPH, FACSM**  
George Washington University
- **Kirk I. Erickson, PhD**  
University of Pittsburgh
- **Charles H. Hillman, PhD**  
Northeastern University
- **John M. Jakicic, PhD**  
University of Pittsburgh
- **Kathleen F. Janz, EdD, FACSM**  
University of Iowa
- **Peter T. Katzmarzyk, PhD**  
Pennington Biomedical Research Center
- **William E. Kraus, MD, FACSM**  
Duke University
- **Richard F. Macko, MD**  
University of Maryland School of Medicine
- **David Marquez, PhD, FACSM**  
University of Illinois at Chicago
- **Anne McTiernan, MD, PhD, FACSM**  
Fred Hutchinson Cancer Research Center
- **Russell R. Pate, PhD, FACSM**  
University of South Carolina
- **Linda Pescatello, PhD, FACSM**  
University of Connecticut School of Medicine
- **Melicia C. Whitt-Glover, PhD, FACSM**  
Gramercy Research Group

# 2018 Physical Activity Guidelines Advisory Committee Consultants

- **Matthew P. Buman, PhD, FACSM**  
Arizona State University
- **Virginia Byers Kraus, MD, PhD**  
Duke University School of Medicine
- **David E. Conroy, PhD**  
The Pennsylvania State University
- **Kelly Evenson, PhD, MS, FACSM**  
University of North Carolina – Chapel Hill
- **Christine M. Friedenreich, PhD**  
University of Calgary
- **William L. Haskell, PhD, FACSM**  
Stanford University
- **Melissa A. Napolitano, PhD**  
The George Washington University
- **Steven J. Petruzzello, PhD, FACSM**  
University of Illinois at Urbana-Champaign
- **Ronald J. Sigal, MD, MPH**  
University of Calgary

# 2018 PAG Advisory Committee Resources

- Advisory Committee Meeting Resources
  - Written meeting summaries
  - Archived webcasts and presentation slides
- Public Comment Database
  - Read or submit public comments to the Advisory Committee

[health.gov/paguidelines](https://www.health.gov/paguidelines)

# Differentiating the Scientific Report and Guidelines



## **2018 Physical Activity Guidelines Advisory Committee Scientific Report**

- Recommendations of the Committee to the *federal government* based on its review of the scientific literature
- Submitted to the HHS Secretary expected in early 2018

## ***Physical Activity Guidelines for Americans, second edition***

- Physical activity recommendations of federal government to the *American public*
- Expected release in late 2018

# Meeting Presentations

Wednesday Afternoon 1-5 pm	Thursday All Day 8-5 pm	Friday Morning 8-11 am
Cancer SC	Exposure SC	Pregnancy Working Group
Chronic Conditions SC	Brain Health SC	Fitness Working Group
Youth SC	Cardiometabolic Health and Weight Management SC	Youth Transition Working Group
Pulling forward information from 2008 PAGAC/2008 PAG	Sedentary Behavior SC	
	Aging SC	
	Physical Activity Promotion SC	
	Integration chapter of the PAGAC Scientific Report	



Meeting 4

**Introduction and Overview**  
**2018 PAGAC Co-Chairs**  
**Abby King & Ken Powell**



**ODPHP**

Office of Disease Prevention  
and Health Promotion

# Meeting 1 Overview



- Committee sworn in by the Acting Assistant Secretary for Health and read charge
- Presentations:
  - History of the Guidelines
  - Committee Operations
  - Systematic Literature Review Process
  - State of Physical Activity in America
- Subcommittee formation and membership



# Meeting 2 Overview



- Public comment
- Committee discussed:
  - The spectrum of physical activity from sedentary behavior to high intensity activity
  - Physical activity and physical fitness
  - Musculoskeletal health
  - Advantages & disadvantages of self-reported and device-based measurement of physical activity
- Overall systematic review question prioritization

# Meeting 3 Overview

- Subcommittee presentations on question 1
  - Draft conclusions and grades presented
  - Full Committee discussion and deliberation
- Prioritization of next set of systematic review questions
- Presentation about setting physical activity targets by Dr. Bill Haskell (2008 PAGAC Chair)

# Meeting 4 Goals

- Subcommittee presentations on questions and Committee discussion and deliberation
- Presentations by working groups
  - Fitness
  - Pregnancy
  - Youth transition
- Discussion of integration chapter
- Discussion of carrying forward information from 2008 PAGAC Scientific Report

# Overview for Subcommittee Presentations

- Updates on progress made with systematic review questions
  - Each subcommittee has multiple questions in progress
  - All conclusions, grades, etc. are in *draft* form
  - Next slide shows grading criteria which all subcommittees are using to grade the evidence

# Grading the Evidence

Adapted from 2015 Dietary Guidelines Advisory Committee

Criteria	Strong	Moderate	Limited	Grade Not Assignable
<b>Applicability</b>	Study populations, exposures, and outcomes are directly related to the question	Some of the study populations, exposures, or outcomes, are directly related to the question	Most of study populations, exposures, and outcomes relate to the question indirectly	All of the study populations, exposures, and outcomes relate to the question indirectly
<b>Generalizability</b> (to the US population of interest)	Studied population, exposure, and outcomes are free from serious doubts about generalizability	Minor doubts about generalizability	Serious doubts about generalizability due to narrow or different study population, exposure, or outcomes studied	Highly unlikely that the studied population, exposure, and/or outcomes are generalizable to the US population
<b>Risk of bias/study limitations</b>	Studies are of strong design; free from methodological concerns, bias, and execution problems	Studies are of strong design with minor methodological concerns OR studies of weaker study design	Studies of weak design OR inconclusive findings due to design flaws, bias, or execution problems	Serious design flaws, bias, or execution problems across the body of evidence
<b>Quantity &amp; Consistency</b> (of the results across the available studies)	Many studies have been published and the results are highly consistent in direction and approximate size of effect.	A moderate number of studies have been published with some inconsistency in direction or size of effect.	Few studies have been published with some inconsistency in direction or size of effect.	Findings are too disparate to synthesize OR single small study unconfirmed by other studies
<b>Magnitude and precision of effect</b>	The magnitude and precision of the estimated effect provide considerable confidence in the accuracy of the findings.	The magnitude and precision of the estimated effect provide confidence in the accuracy of the findings.	The magnitude and precision of the estimated effect provide some but not a lot of confidence in the accuracy of the findings.	Magnitude and precision of effect cannot be determined

# Order of Presentations



## **Wednesday afternoon**

- Cancer-Primary Prevention SC
- Individuals with Chronic Conditions SC
- Youth SC

## **Thursday all day**

- Exposure SC
- Brain Health SC
- Cardiometabolic Health and Weight Management SC
- Sedentary Behavior SC
- Aging SC
- Promotion of Physical Activity SC

## **Friday morning**

- Pregnancy working group
- Fitness working group
- Young adult transition working group

# Next Steps

- Future meeting – October 2017
- Goal: Finalize questions and conclusions and approval by Committee of all subcommittee work
- Watch previous meetings (July 2016, October 2016, March 2017), download presentations, or read meeting summaries at <https://health.gov/paguidelines/second-edition/meetings/>