



Meeting 3

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

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 Goals



- Subcommittee presentations on question 1 and Committee discussion and deliberation
- Prioritization of next set of systematic review questions
- Discussion of issues affecting more than one subcommittee

Overview for Subcommittee Presentations

- Updates on progress made with first systematic review question
 - Each subcommittee has one or more questions in progress
 - All conclusions, grades, implications, etc. are in draft form
- Present prioritized subcommittee question lists

Grading the Evidence

Adapted from 2015 Dietary Guidelines Advisory Committee



Criteria	Strong	Moderate	Limited	Grade Not Assignable
Applicability	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
Generalizability (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
Risk of bias/study limitations	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
Quantity & Consistency (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
Magnitude and precision of effect	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



Exposure

Brain Health

Sedentary Behavior

Youth

Promotion of Physical Activity

Cardiometabolic Health and Weight Management

Aging

Cancer-Primary Prevention

Individuals with Chronic Conditions

Afternoon Discussion Items



- Presentation and discussion about determining Physical Activity Guideline targets
- Question prioritization
- Updates on work groups
 - Transition from Youth to Adult Guidelines
 - Pregnancy
 - Fitness

Next Steps

- Future meetings – July and October 2017
- Similar format with subcommittee presentations and deliberations by the full Committee