



Meeting 4

Transition from Youth to Adult Guidelines

Lead: Kathy Janz

Members: Wayne Campbell, David Buchner, Peter Katzmarzyk, Russ Pate, Ken Powell

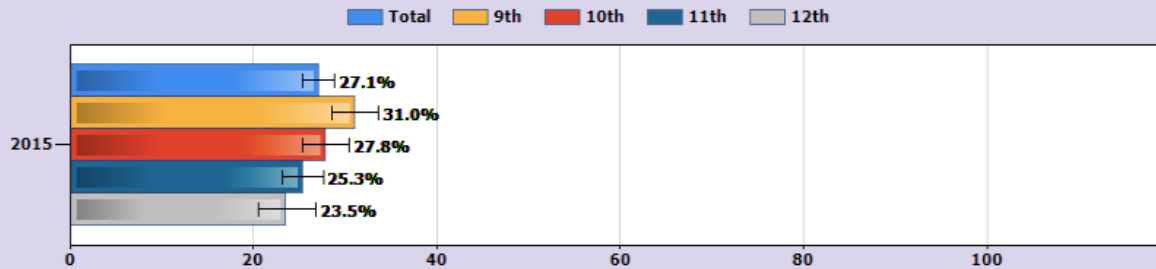
Invited Experts

- Dr Esther van Sluijs, MRC Epidemiology Unit, University of Cambridge School of Clinical Medicine
- Dr Kirsten Corder, MRC Epidemiology Unit, University of Cambridge School of Clinical Medicine
- No Consultants



PAG Differ by Stages of Life

Were Physically Active At Least 60 Minutes Per Day On All 7 Days
 (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)
 United States, High School Youth Risk Behavior Survey, 2015

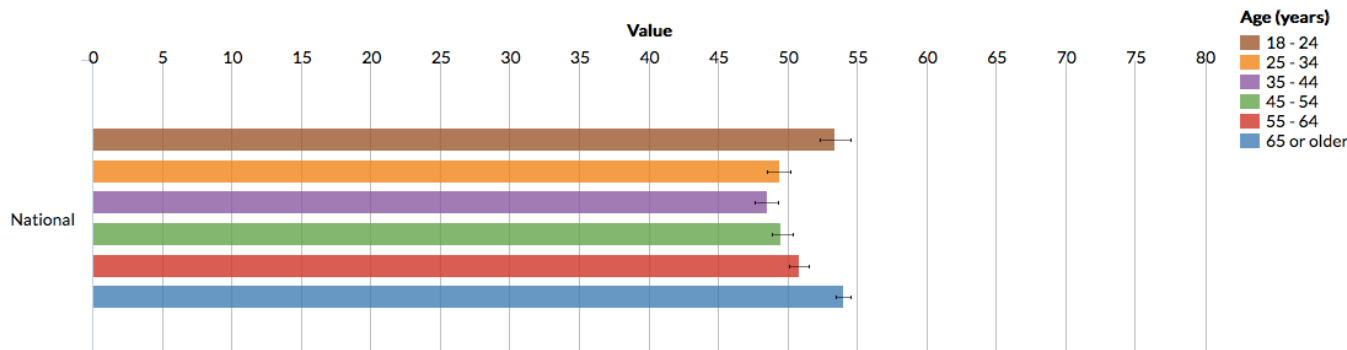


23.5% 12th Graders *met* PAG Aerobic (60 min/d, everyday)

2015

Percent of adults who achieve at least 150 minutes a week of moderate-intensity aerobic physical activity or 75 minutes a week of vigorous-intensity aerobic activity (or an equivalent combination) †

View by: Age (years)

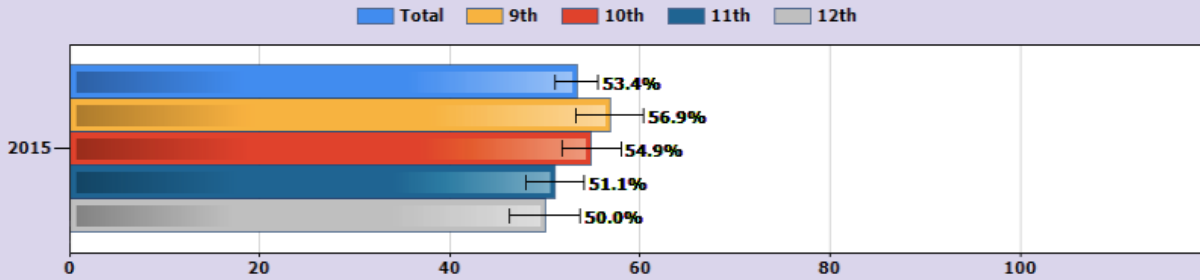


53% YA *met* PAG Aerobic (150 min/wk)

BRFSS, YRBSS 2015

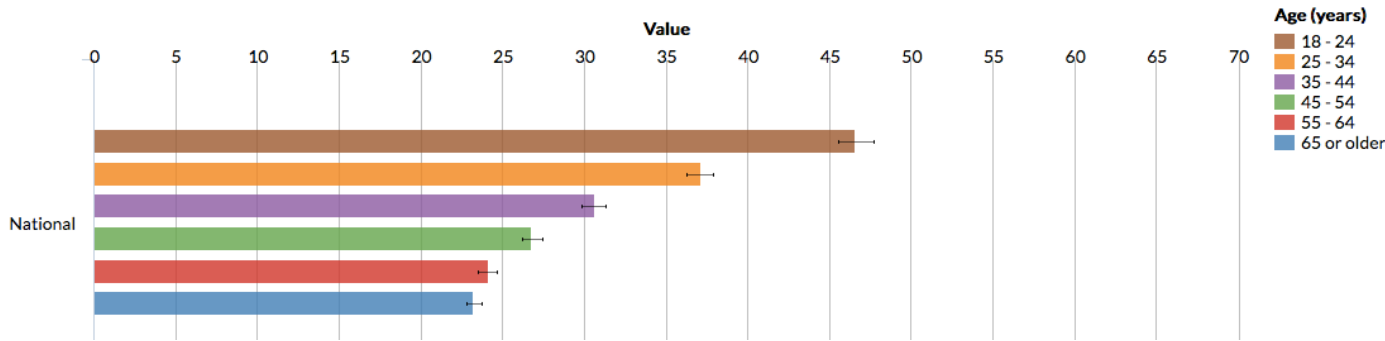
PAG Differ By Stages of Life

Participated In Muscle Strengthening Activities On 3 Or More Days
(such as, push-ups, sit-ups, or weight lifting, during the 7 days before the survey)
United States, High School Youth Risk Behavior Survey, 2015



50% 12th graders *met* muscle-strengthening PAG (3 x week)

2015
Percent of adults who engage in muscle-strengthening activities on 2 or more days a week †
View by: Age (years)



46% YA *met* muscle-strengthening PAG (2 x week)

NHANES: Total PA May Increase During YA When Objectively Measured

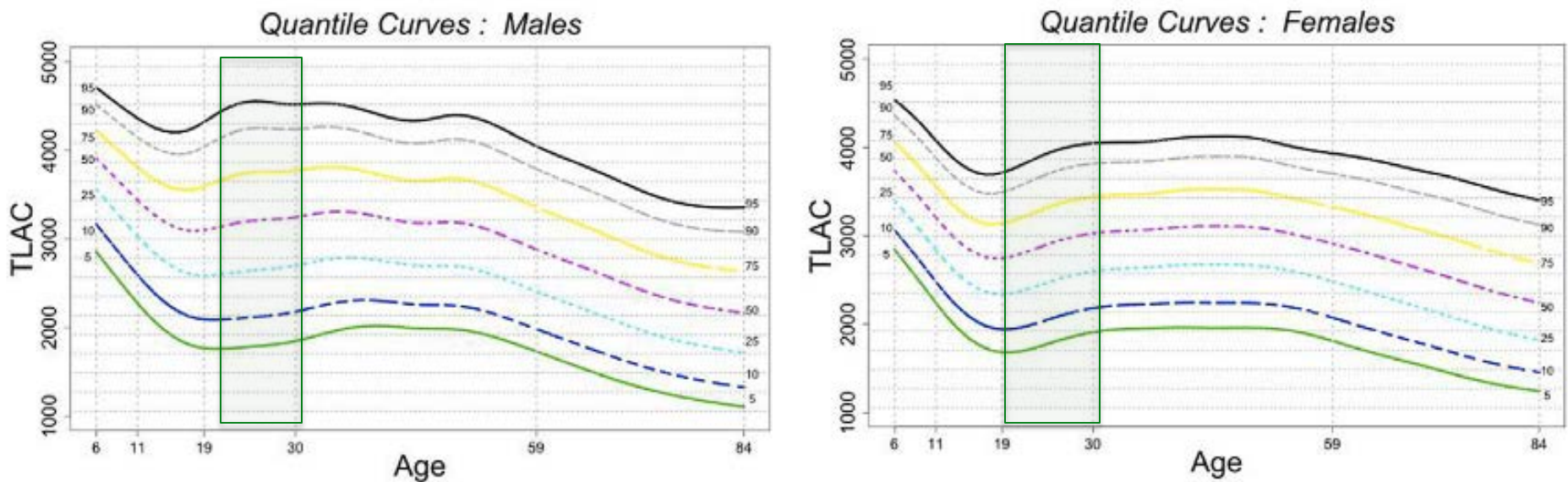


Fig. 1. Percentiles of TLAC over the lifespan (6 years old to 84 years old) for males (left) and females (right). TLAC = total log-transformed activity counts. Percentiles of TLAC, from 5%–95%, are indicated using different colors (black = 95%, gray = 90%, yellow = 75%, purple = 50%, cyan = 25%, blue = 10%, green = 5%).

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NHANES: MVPA Flat During YA (After Sharp Decrease Throughout Youth)

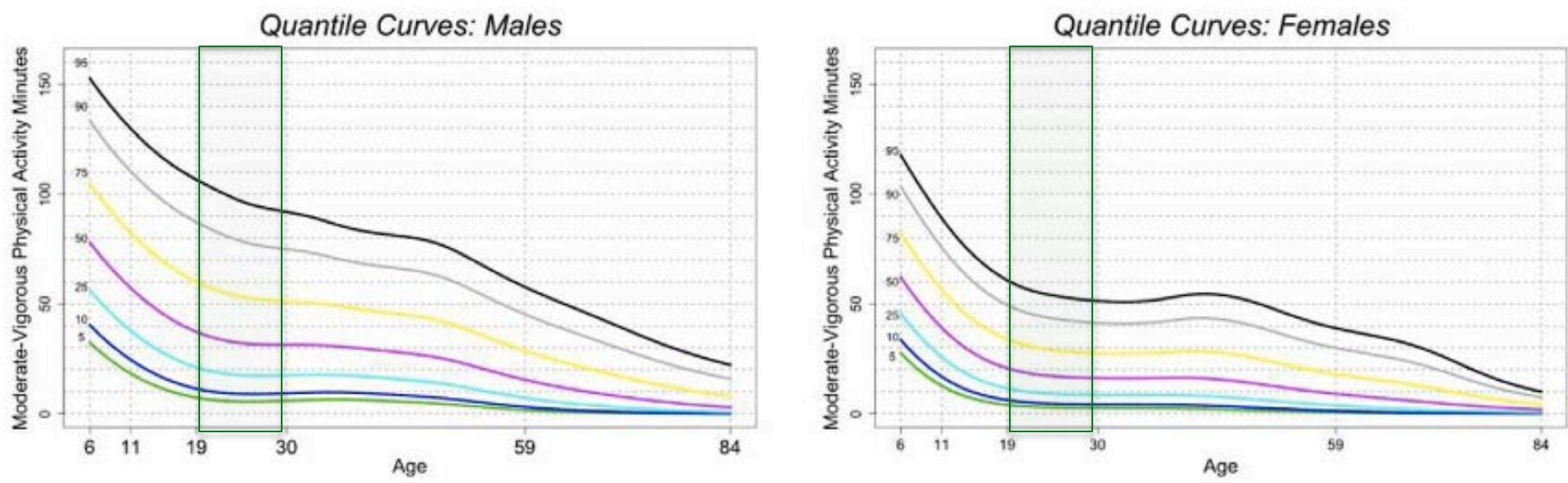
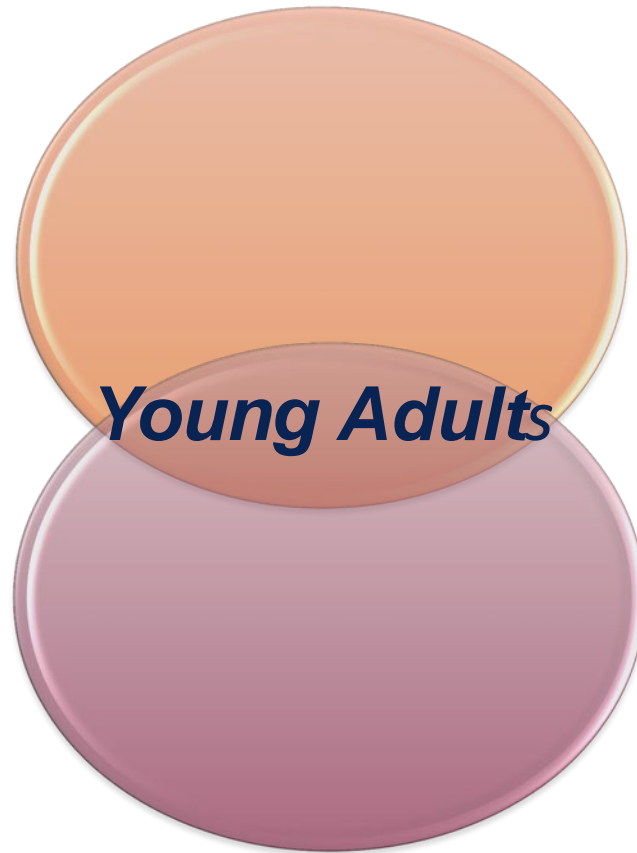


Fig. 2. Percentile Curves of sedentary, light, and moderate-to-vigorous PA over the lifespan (6 years old to 84 years old) for males (left) and females (right). Percentiles of SePA, LiPA, and MVPA, from 5%–95%, are indicated using different colors (black = 95%, gray = 90%, yellow = 75%, purple = 50%, cyan = 25%, blue = 10%, green = 5%).

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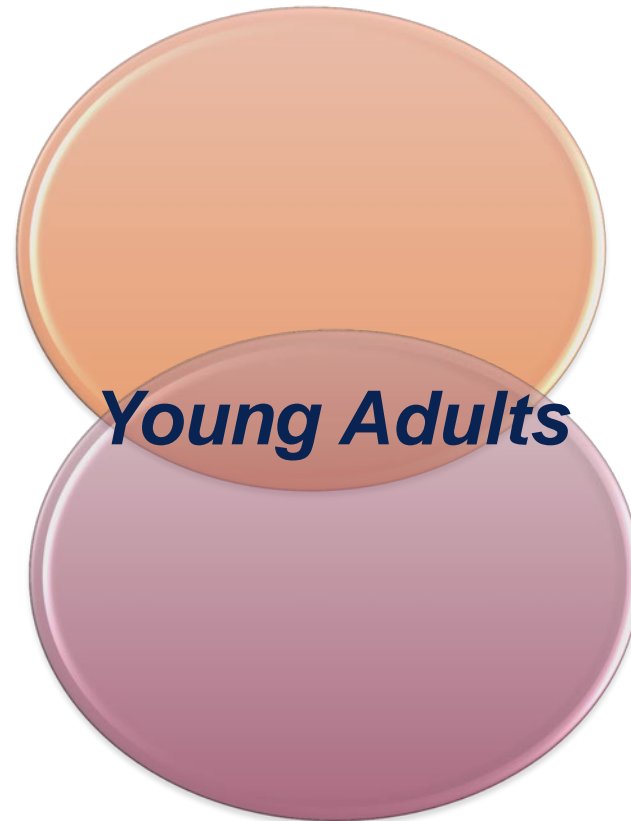
Paradigm for PA Guidelines



Youth: Healthy
Growth &
Development

Adult: Disease
Prevention and
Quality of Life

YA Mix Healthy Development & Disease Prevention



- *Bone Health
- *Weight Gain/
Obesity
- * Brain Health

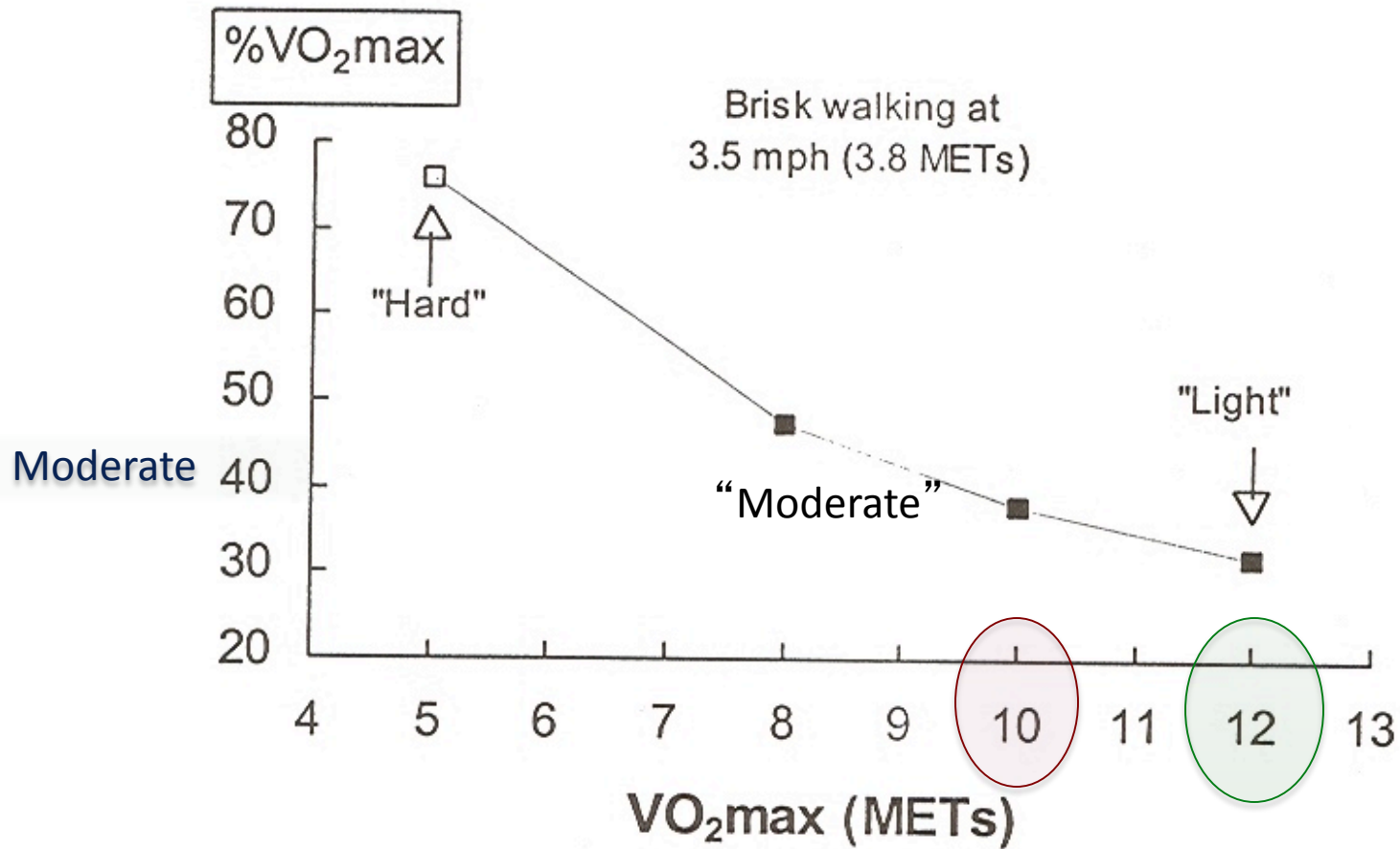
Status Report

- Phone conversation experts January
- Phone meeting Feb
- PAGAC 3 Break Out Meeting March
 - Decision: young adult transition can be included in the report as a contextual piece, similar to fitness; there will not be a new systematic review question.
- ICF extraction for the 18-35 year old age range checkboxes
 - WC reviewed weight gain/obesity for young adult transition group (18 primary research papers).
 - KJ reviewed bone health (2 reviews, 8 primary papers) and brain health (5 reviews) for young adult transition
- Phone meeting July
 - Evidence was stratified by age not organized to ascertain dose specificity by age group
 - Decision to not actively pursue for 2018 PAG

Next Steps

- Working group journal editorial addressing the need for more research particularly RCT
 - Health promotion opportunity during transition
- Contribute a summary of discussions for the report to be placed in “emerging issues” or fitness or somewhere else
 - Promotion PAG with greater emphasis on relative intensity

Relative: Intensity Depends on the Fitness Level



Average
40-50 Yr
Adult

Average YA