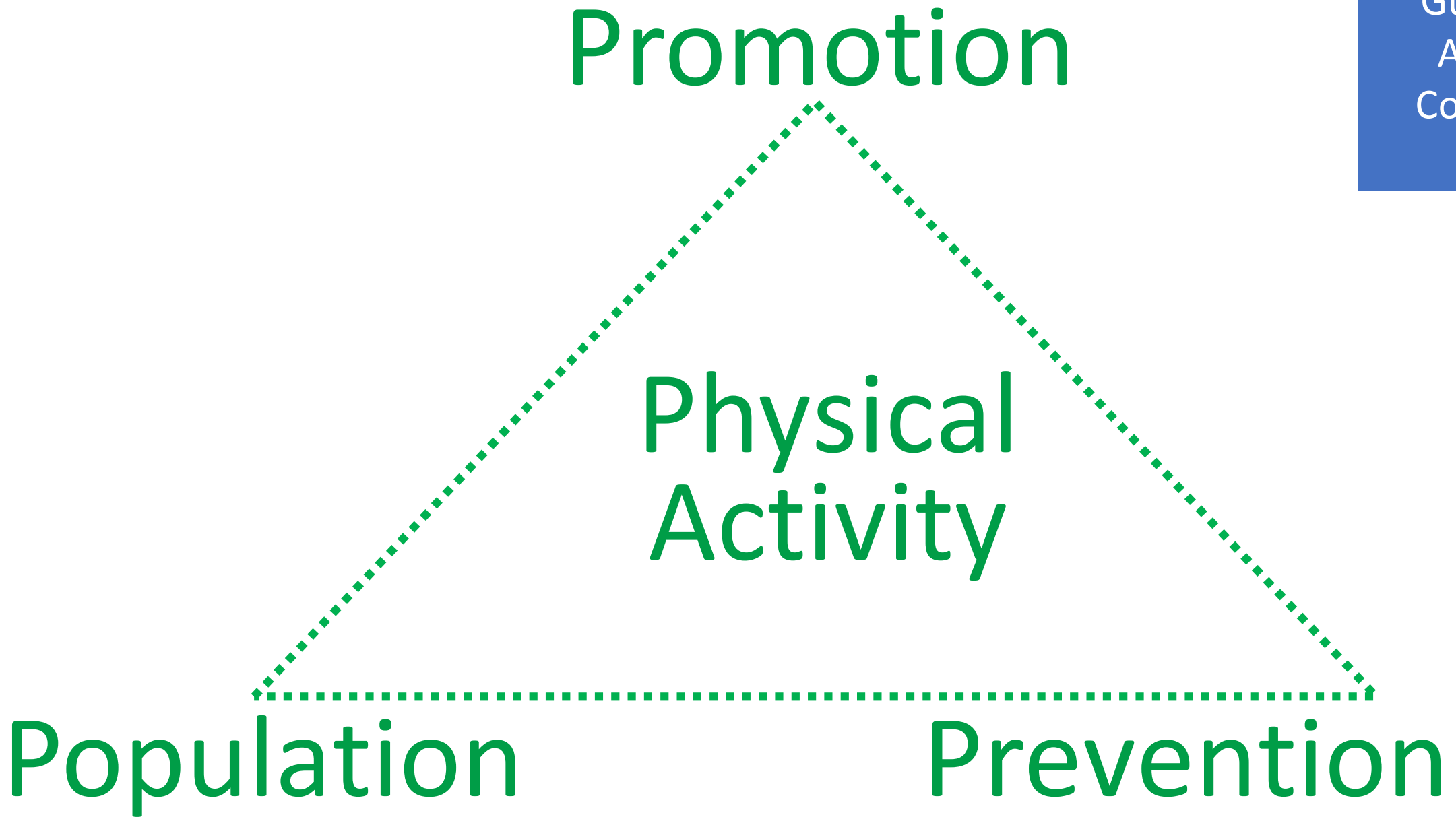
Meeting 4

Committee Discussion

Physical Activity Guidelines Advisory Committee 2018



Physical Activity Guidelines Advisory Committee 2018

Promotion

- Promotion of physical activity
- Brain health

Physical Activity

- Sedentary behavior
- Exposure

Population

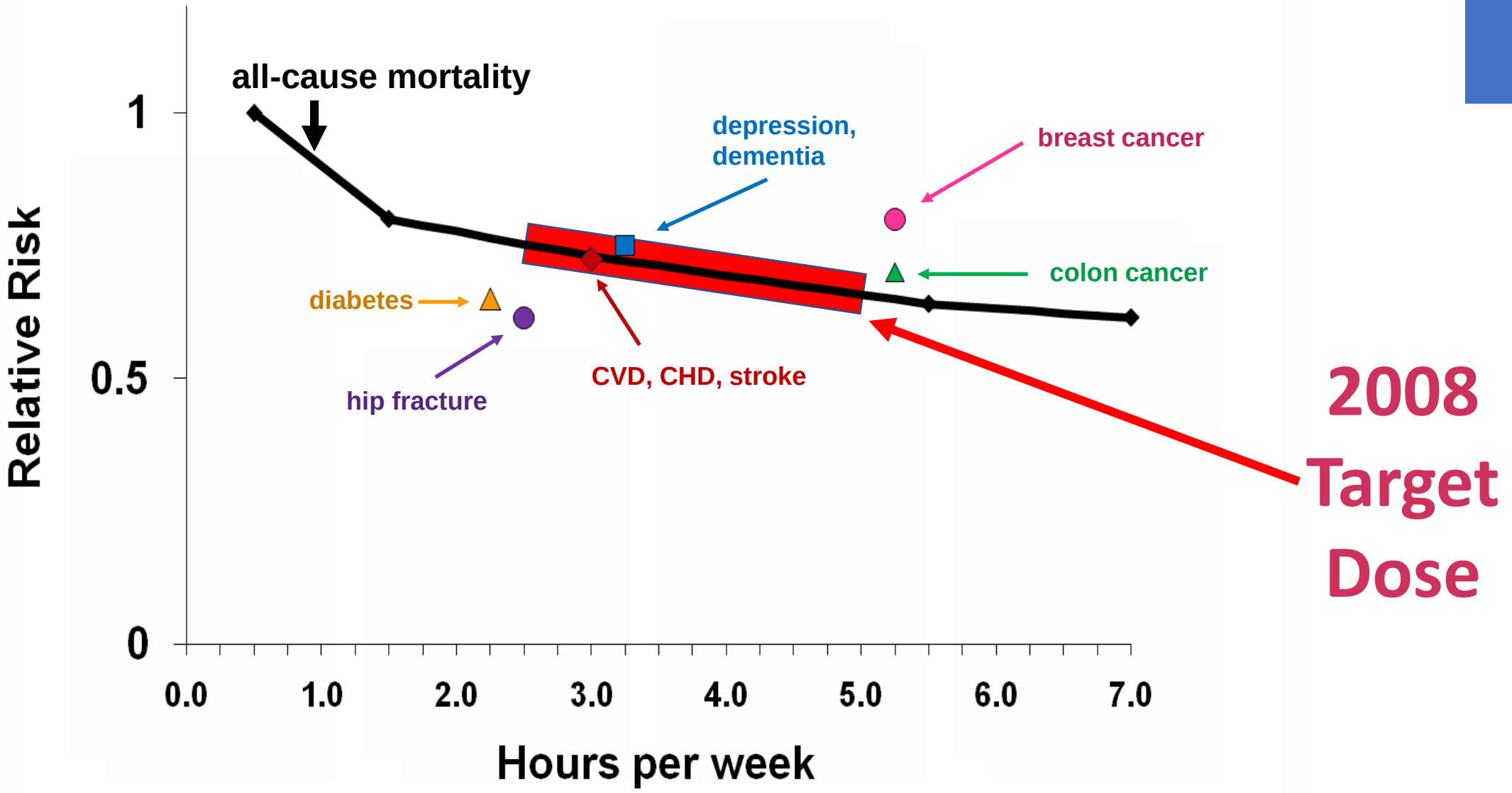
- Youth
- Aging
- Populations with chronic conditions

Prevention

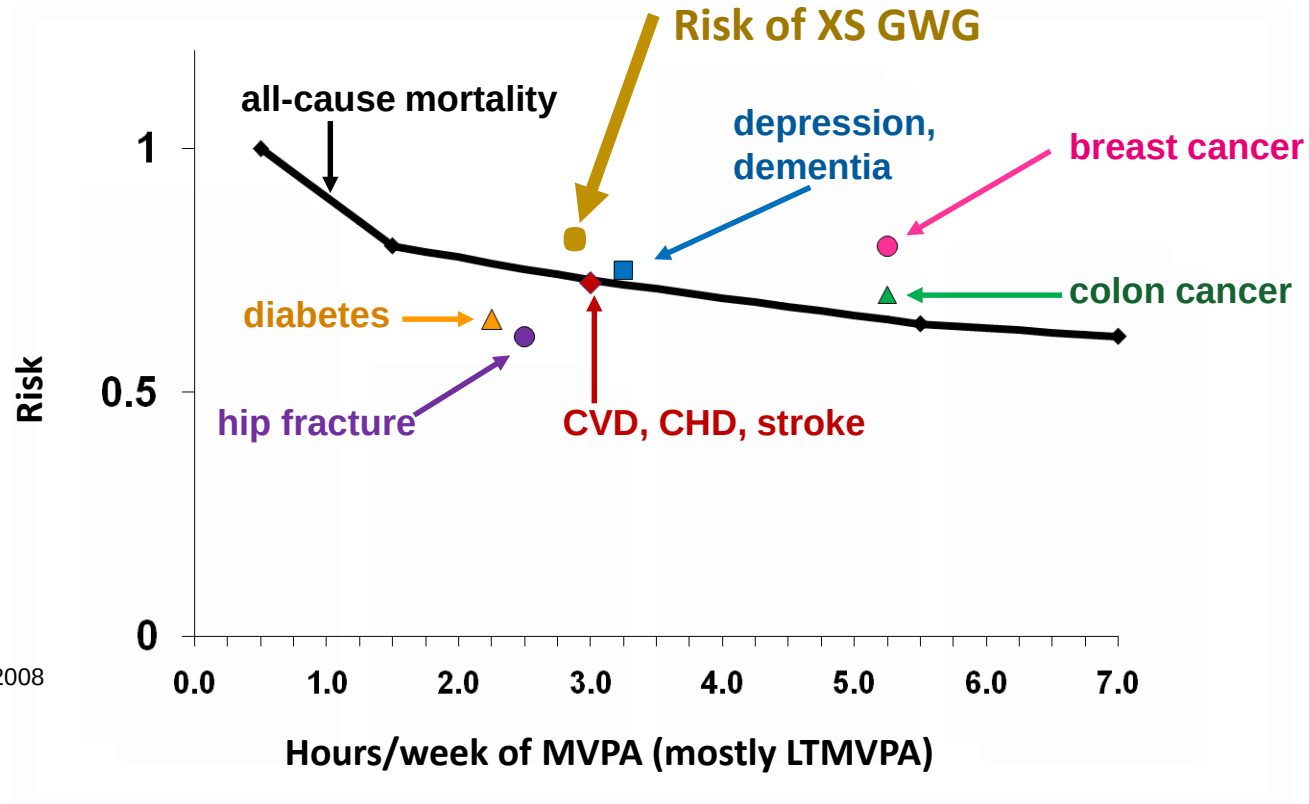
- Cancer
- Cardiometabolic health and weight status

All-cause mortality and disease-specific data points by hours per week of self-reported MVPA

Physical Activity Guidelines Advisory Committee 2018

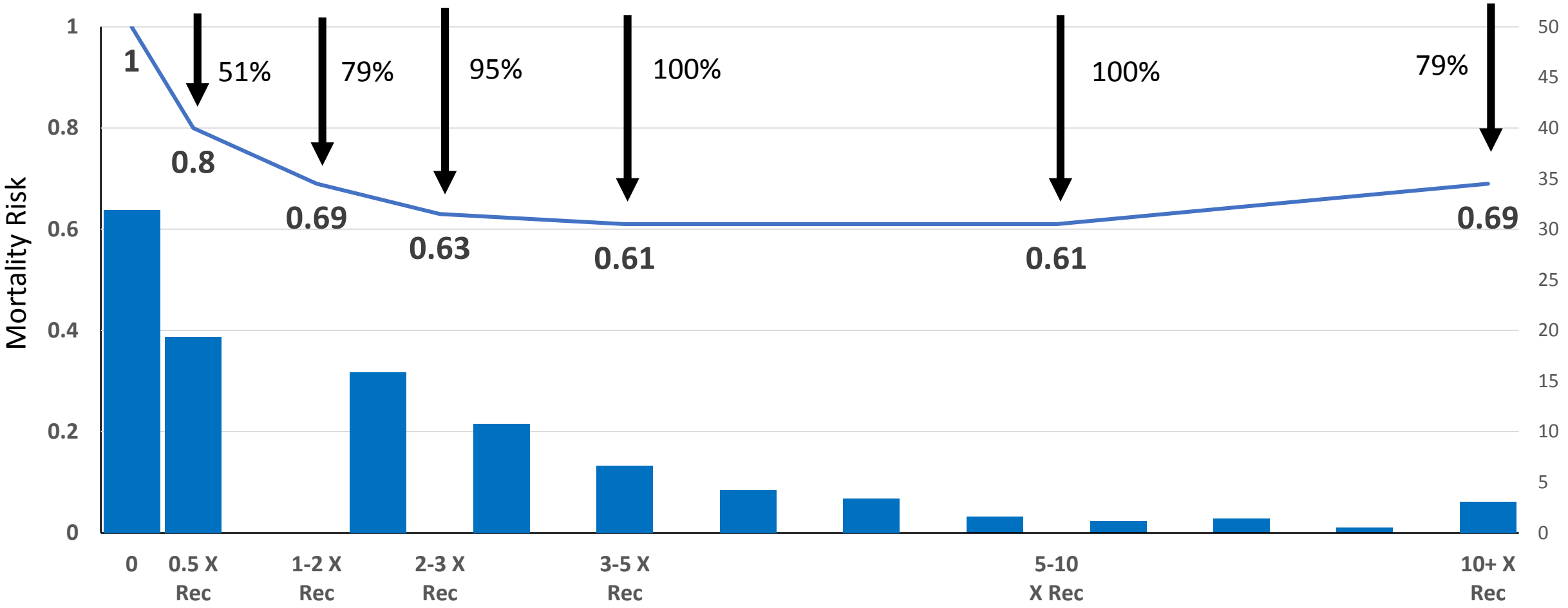


Dose and dose-response curves



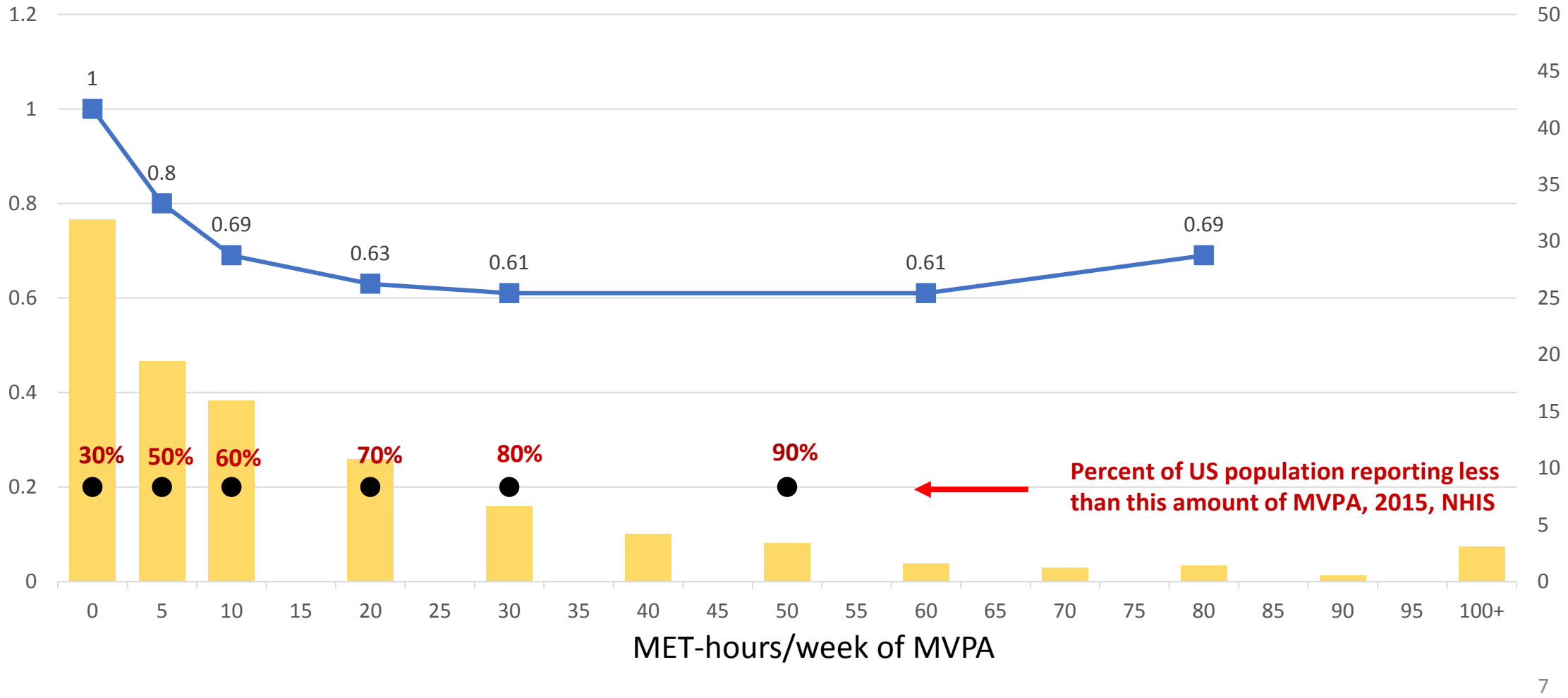
Data from PAGAC Report 2008
Figure published in
Ann Rev Public Health
2011;32:349-365

Percent of maximum potential reduction in hazard ratio by multiples of recommended PA

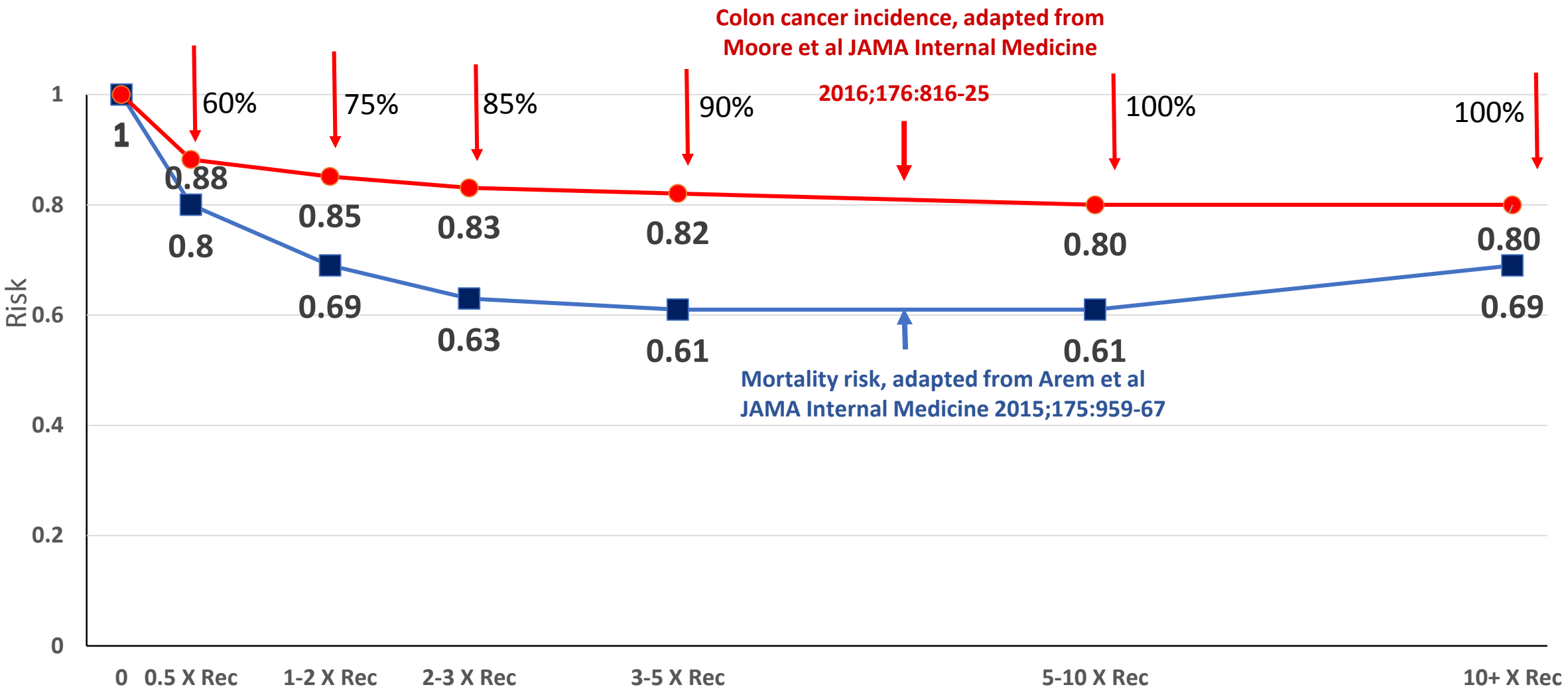


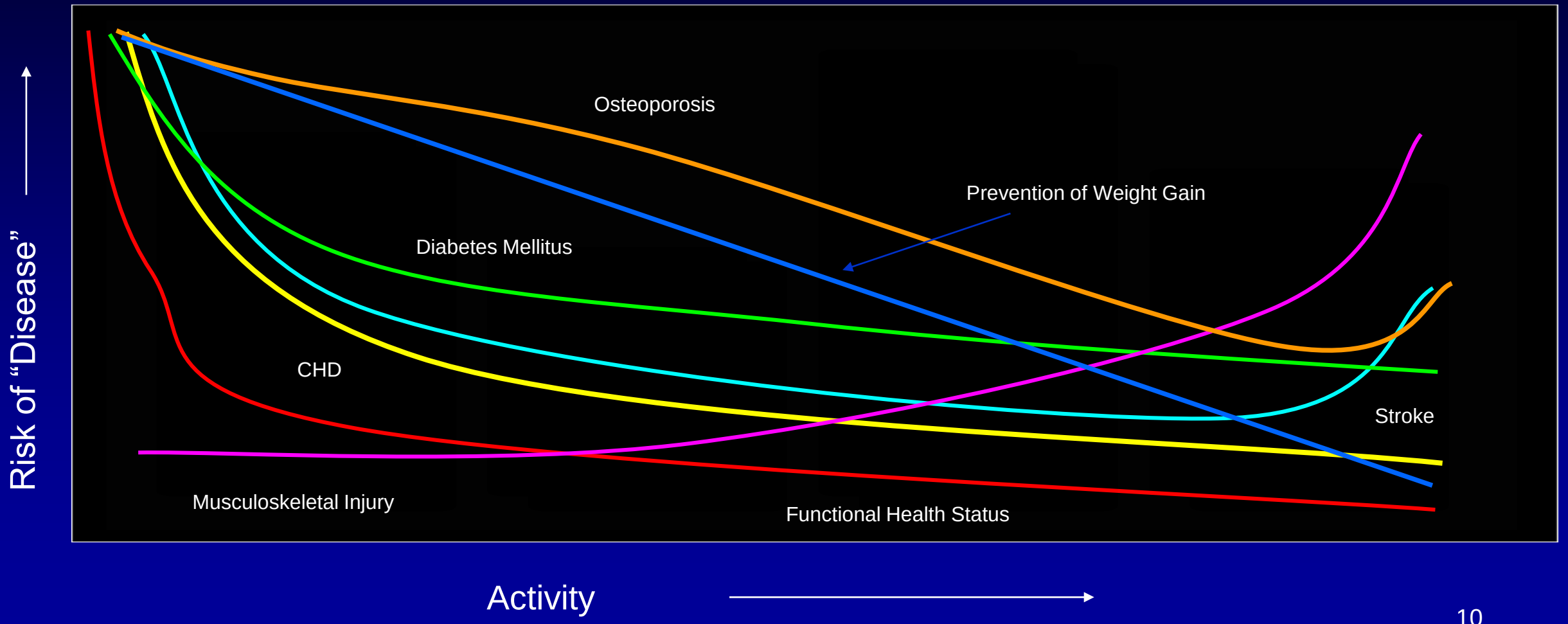
Curve adapted from Arem et al JAMA Internal Medicine 2015;175:959-67

Risk of all-cause mortality by volume of leisure-time MVPA and population distribution of MVPA



Percent of maximum potential reduction in hazard ratio by multiples of recommended PA



Percent of Maximum Reduction in Risk by volume of self-reported MVPA			
Volume of Reported MVPA	All-Cause Mortality	Colon Cancer Incidence	Diabetes Incidence
Baseline	0%	0%	0%
~0.5 X Rec	51%	60%	?
~1-2 X Rec	79%	75%	?
~2-3 X Rec	95%	85%	?
~4 X Rec	100%	90%	?
~7.5 X Rec	100%	100%	?
~10 X Rec	79%	100%	?
Rec = 150 min/day self-reported MVPA			

Physical Inactivity and Health