Developing the Second Edition of the *Physical Activity Guidelines For Americans*

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Physical Activity and Nutrition Advisor
Office of Disease Prevention and Health Promotion
U.S. Department of Health and Human Services
Outline

• Background of the *Physical Activity Guidelines for Americans* (PAG)
• The Physical Activity Guidelines Advisory Committee
  o Membership
  o Public Meetings
  o Scientific Report
• The process for updating the *Physical Activity Guidelines for Americans*
• Resources
History of Physical Activity Guidelines

2008 Physical Activity Guidelines for Americans
Recommendations for youth and adults on the amount and types of physical activity for overall health benefits

PAG Midcourse Report (2013)
Strategies to increase physical activity in youth in preschool and childcare, school, community, home, and primary care settings

State of the Science Meeting held at ACSM (2014)
Topics: youth under age 6, cognition across the lifespan, older adults, sedentary behavior, baseline/light physical activity

Physical Activity Guidelines for Americans, second edition
Led by ODPHP in coordination with CDC, NIH, and PCFSN; anticipated release in 2018
The Physical Activity Guidelines for Americans (PAG) provides:

- Guidance for all Americans, ages 6 and over:
  - Children and adolescents
  - Healthy adults and older adults
  - Women during pregnancy and the postpartum period
  - People with disabilities and chronic conditions

- Guidance for aerobic and non-aerobic activities

- Choices for achieving recommendations
2 hours and 30 minutes or more of physical activity each week

Avoid Physical Inactivity

Aerobic
At least:
• 150 minutes (2.5 hours) a week of moderate-intensity aerobic activity
  OR
• 75 minutes of vigorous-intensity aerobic activity
  OR
• An equivalent combination of the two

Muscle-strengthening
• Two or more days a week
Physical Activity Guidelines for Americans

Who is Meeting the Guidelines?

Adults meeting aerobic physical activity and muscle-strengthening guidelines

Data Source:
Analyses of the National Health Interview Survey, 2008 and 2013.

ODPHP Office of Disease Prevention and Health Promotion
Guidelines for Children and Adolescents (6-17 years)

60 minutes (1 hour) or more of physical activity daily

- Aerobic
- Muscle-strengthening
- Bone-strengthening

Activities should be age-appropriate, enjoyable, and varied
Adolescents meeting aerobic physical activity and muscle-strengthening guidelines

2011 2013

78% of adolescents do not meet PAG for aerobic PA and muscle-strengthening activities

Data Source: Youth Risk Behavior Surveillance System (YRBSS); Centers for Disease Control and Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention (CDC/NCHHSTP)
PAG Midcourse Report: Strategies to Increase Physical Activity Among Youth

60 Minutes or More a Day, Where Kids Live, Learn and Play
• Is there sufficient evidence to update the Guidelines?

• Topics discussed:
  o Baseline/light physical activity
  o Cognition across the lifespan
  o Older adults
  o Sedentary behavior
  o Youth under age 6
• Research on physical activity has grown exponentially since the first edition of the Guidelines were released
  o Major advances in evidence related to many topics covered in 2008
  o A number of gap areas not addressed in 2008

• Legislation introduced in House and Senate
  o 2013: S.531, H.R.2179
  o 2015: S.1793, H.R.1499

• Surgeon General’s Call to Action to Support Walking and Walkable Communities, September 2015

• Updated National Physical Activity Plan, April 2016
The Physical Activity Guidelines Advisory Committee & its Work
Physical Activity Guidelines Policy Development and Implementation

Committee Chartered

Public Comment to Committee

Public Committee Meetings: Review of Science

Advisory Report Submitted to HHS Secretary

Public and Federal Agency Comment to HHS

HHS Develops Policy Document

Reflected in Federal Initiatives and Resources

Phase 1

Phase 2

Phase 3

Phase 4
The Federal Advisory Committee Act (FACA) was enacted in 1972 to ensure that advice by the various advisory committees formed over the years is objective and accessible to the public.

FACA seeks to ensure that Advisory Committees:
- Provide advice that is relevant, objective, and open to the public;
- Act promptly to complete their work; and
- Comply with reasonable cost controls and record keeping requirements

Application to the Physical Activity Guidelines Advisory Committee
- Independent review of science
- Recommendations to federal government
- Do not draft policy or implement policy
Role of the Physical Activity Guidelines Advisory Committee

• Identify and develop topics/questions to answer
• Implement systematic literature reviews
• Synthesize evidence
• Draft conclusions and grade evidence
• Develop Scientific Advisory Report
Role of the Federal Government

**Leadership**
- Lead: Office of Disease Prevention and Health Promotion (ODPHP)
- Centers for Disease Control and Prevention (CDC)
- National Institutes of Health (NIH)
- President’s Council on Fitness, Sports & Nutrition (PCFSN)

**ODPHP**
- Schedule and approve all Committee meetings
- Attends all meetings of the full Committee and work groups/subcommittees
- Initiates and adjourns full Committee meetings
- Make logistical arrangements for public meetings, including subcommittee meetings
- Prepare and approve all meeting agendas in consultation with the Committee Co-Chairs
Formation of Advisory Committee

December 2015 Call for Nominations
Expertise sought in a variety of physical activity and health specific fields

Ethics Review and Financial Disclosure
Review through HHS and White House

June 2016 Appointment to the Advisory Committee
17 members appointed by the Secretary of Health and Human Services
2018 Physical Activity Guidelines Advisory Committee

- Ken Powell, MD, MPH, Co-chair
  Retired, CDC and Georgia Department of Human Resources
- Abby C. King, PhD, Co-chair
  Stanford University School of Medicine
- 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
Physical Activity Guidelines for Americans

2018 PAGAC Committee Meetings

- **Meeting goals**
  - Subcommittees present work done since last public meeting and have discussion and deliberation on their findings with the full Committee
  - Entire Committee must approve the conclusions and grade for each question

- 5 public meetings planned (all videocast to view live or on demand)
  - Meeting 1: July 14-15, 2016
  - Meeting 2: October 27-28, 2016
  - **Meeting 3: March 23, 2017**
  - Meeting 4: July 2017 TBD
  - Meeting 5: October 2017 TBD
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
Charge to the 2018 Physical Activity Guidelines Advisory Committee

- Examine the 1st edition of the *Physical Activity Guidelines for Americans* and determine topics for which new scientific evidence is likely to be available that may reconfirm or inform revisions to the current guidance or suggest new guidance.

- Place its primary focus on the systematic review and analysis of the evidence published since the last Committee deliberations.

- Place its primary emphasis on the development of physical activity recommendations for the general population in the United States and for specific subgroups of the population where warranted by a public health need.

- Prepare and submit to the Secretary of HHS a scientific advisory report of technical recommendations with rationales to inform the development of the 2nd edition of the *Physical Activity Guidelines for Americans*. The Committee is responsible for providing authorship for this scientific report; however, responsibilities do not include translating the recommendations into policy, developing a draft of the policy, or making recommendations for implementation, including communication and outreach strategies.

- Disband upon the submittal of the Committee’s recommendations via the scientific advisory report to the Secretary of HHS.

- Complete all work within the two-year charter time frame.
<table>
<thead>
<tr>
<th>Subcommittee</th>
<th>Membership</th>
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<tbody>
<tr>
<td>Aging</td>
<td><strong>Loretta DiPietro</strong>, David Buchner, Wayne Campbell, Kirk Erickson, Abby King, Ken Powell</td>
</tr>
<tr>
<td>Brain Health</td>
<td><strong>Kirk Erickson</strong>, Chuck Hillman, Rich Macko, David Marquez, Ken Powell</td>
</tr>
<tr>
<td>Cancer – Primary Prevention</td>
<td><strong>Anne McTiernan</strong>, Pater Katzmarzyk, Ken Powell</td>
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<tr>
<td>Cardiometabolic Health &amp; Weight Management</td>
<td><strong>John Jakicic</strong>, Wayne Campbell, Loretta DiPietro, Russ Pate, Linda Pescatello, Ken Powell</td>
</tr>
<tr>
<td>Exposure*</td>
<td><strong>Bill Kraus</strong>, Wayne Campbell, John Jakicic, Kathy Janz, Ken Powell</td>
</tr>
<tr>
<td>Individuals with Chronic Conditions</td>
<td><strong>David Buchner</strong>, Bill Kraus, Rich Macko, Anne McTiernan, Linda Pescatello, Ken Powell</td>
</tr>
<tr>
<td>Promotion of Physical Activity</td>
<td><strong>Abby King</strong>, John Jakicic, David Marquez, Ken Powell, Melicia Whitt-Glover</td>
</tr>
<tr>
<td>Sedentary Behavior</td>
<td><strong>Peter Katzmarzyk</strong>, John Jakicic, Ken Powell</td>
</tr>
<tr>
<td>Youth</td>
<td><strong>Russ Pate</strong>, Chuck Hillman, Kathy Janz, Peter Katzmarzyk, Ken Powell, Melicia Whitt-Glover</td>
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*Formally Dose Response subcommittee
• What is the relationship between physical activity and **functional status**? (Aging Subcommittee)

• What is the relationship between physical activity and **all-cause mortality** with specific indicators for age, race, and gender? (Exposure Subcommittee)

• What is the relationship between physical activity and **cognition**? (Brain Health Subcommittee)

• What is the relationship between health indicators and physical activity for **children younger than six years old**? (Youth Subcommittee)
Literature Review Process

1. Develop systematic review questions
2. Develop systematic review strategy
3. Search, screen, and select evidence to review
4. Abstract data and assess risk of bias
5. Describe the evidence
6. Complete evidence portfolio and draft the report

Physical Activity Guidelines for Americans

Office of Disease Prevention and Health Promotion
• Public comment

• Committee discussed:
  o Musculoskeletal health
  o Fitness
  o The spectrum of physical activity from sedentary behavior to high intensity activity

• Overall systematic review question prioritization
• Subcommittees will present its first literature review question and present draft conclusions

• The full Committee will deliberate and discuss overarching issues and plans for future Committee work

• Register to watch live videocast https://events.kauffmaninc.com/events/pagacmeetingthree/register/?t=10
• Written comments from the public are accepted throughout the Committee’s deliberations via public comment database

• Public comment database (all comments can be viewed throughout the process) [health.gov/paguidelines/pcd/](http://health.gov/paguidelines/pcd/)

• Each comment can be categorized by topic or subcommittee
Request for Public Comments

You are invited to provide scientific information and share your views with the Physical Activity Guidelines Advisory Committee regarding physical activity and health through public comments.

Submit a Comment

Read Comments

health.gov/paguidelines/pcd/
Submit a Comment

You can submit a comment to the Committee by filling out the form below. **You have 20 minutes to complete the form.** If you think you will need more time, you can draft your message in a separate document and either copy and paste it into the form or upload it as an attachment. You cannot save and return to an unfinished comment later.

The Committee requests that you define terms as specifically as possible. For example, when referring to physical activity, please specify the type (e.g., walking, jumping rope, or biking) and intensity (e.g., light, moderate, or vigorous) to ensure your comment is accurately interpreted.

* Required Fields

**First Name***

**Last Name***

**Topics**

Please select one or more topics that accurately reflect the content of your comment.

- Aging
- Brain Health (mental health, cognition, etc.)
- Cancer - Primary Prevention
- Cardiometabolic Health and Weight Management
- Exposure/Dose Response of Physical Activity
- Individuals with Chronic Conditions
- Promotion of Physical Activity (behavior change)
- Sedentary Behavior
- Youth: ages 3-6
- Youth: ages 6-17
- Individuals with Disabilities
- Pregnant Women
- Racial/Ethnic Diversity
- Miscellaneous
The Advisory Committee Scientific Report is developed by the 2018 Physical Activity Guidelines Advisory Committee.

It provides independent advice and recommendations based on current scientific evidence to the federal government.

The Advisory Committee Scientific Report (Scientific Report) includes:
- Evidence from the systematic literature reviews: conclusion statements and evidence grades from each systematic review question
- Systematic review search methods
- Future research needs

The Advisory Committee Report is not a draft of the Physical Activity Guidelines for Americans.

The Physical Activity Guidelines for Americans are developed by the federal government with comment from federal agencies and the public.
Physical Activity Guidelines Policy Development and Implementation

PAGAC Charter

Committee Chartered

Public Comment to Committee

Phase 1

Physical Activity Guidelines Policy Development and Implementation

Public Committee Meetings: Review of Science

Phase 2

Advisory Report Submitted to HHS Secretary

Public and Federal Agency Comment to HHS

Phase 3

HHS Develops Policy Document

HHS Develops Policy Document

Phase 4

Reflected in Federal Initiatives and Resources

PAGAC

Charter

Office of Disease Prevention and Health Promotion

ODPHP
## Post Committee Work Timeline

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<tr>
<th>Date</th>
<th>Item</th>
<th>Details</th>
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<tbody>
<tr>
<td>Winter 2017</td>
<td>Work of Committee complete</td>
<td>• Committee submits Scientific Advisory Report to HHS Secretary</td>
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<tr>
<td></td>
<td></td>
<td>• Committee disbanded</td>
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<tr>
<td>Winter-Summer 2018</td>
<td>Federal staff work</td>
<td>• Scientific Advisory Report made available for public comment</td>
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<tr>
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<td></td>
<td>• HHS considers Scientific Advisory Report, public and agency comments</td>
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<td>• HHS prepares the policy document</td>
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<tr>
<td>Fall 2018</td>
<td>Release of Guidelines</td>
<td>• HHS publishes the second edition of the <em>Physical Activity Guidelines for Americans</em></td>
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Physical Activity Guidelines Policy Development and Implementation

- PAGAC Charter
- Committee Chartered
- Public Comment to Committee
- Public Committee Meetings: Review of Science
- Advisory Report Submitted to HHS Secretary
- Public and Federal Agency Comment to HHS
- HHS Develops Policy Document
- Reflected in Federal Initiatives and Resources
- 2015 edition
- TBD

Phase 1
Phase 2
Phase 3
Phase 4
• Be Active Your Way: A Guide for Adults

• Be Active Your Way Blog (weekly)
  o Updates about the development of the second edition of the Guidelines
  o Insights from health and physical activity professionals about translating the Guidelines into practice

• Eat Healthy Be Active Community Workshops

• Healthy People

• Healthfinder
Committee Member Spotlight

- Blog Series on the Be Active Your Way Blog to highlight members of the 2018 PAGAC
Get Involved and Follow the Process

www.health.gov/paguidelines

• Learn about the Physical Activity Guidelines Advisory Committee members
• Register for public meetings or watch previous meetings via video cast
  • Meeting 3 March 23, 2017
  • Future meetings July and October 2017
• View or submit public comments to the Committee
• Read the Be Active Your Way blog
• Sign up for the PAG listserv for updates on the Guidelines and physical activity work throughout the government
• Follow ODPHP on twitter @HHSPrevention
Questions

More information available at health.gov/paguidelines

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