

2018 Physical Activity Guidelines for Americans



Office of Disease Prevention
and Health Promotion



- Identify and develop topics/questions to answer
- Implement systematic literature reviews
- Synthesize evidence
- Draft conclusions and grade evidence
- Develop 2018 Physical Activity Guidelines Advisory Committee Scientific Report



Office of Disease Prevention
and Health Promotion



2018 Physical Activity Guidelines Advisory Committee

Physical Activity
Guidelines for
Americans

- **Ken Powell, MD, MPH, FACSM, 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
- **Felecia C. Whitt-Glover, PhD, FACSM**
Gramercy Research Group



Office of Disease Prevention
and Health Promotion



2018 Physical Activity Guidelines Subcommittees

Physical Activity
Guidelines for
Americans

- **Aging**
Chair: Loretta DiPietro
- **Brain Health**
Chair: Kirk Erickson
- **Cancer – Primary Prevention**
Chair: Anne McTiernan
- **Cardiometabolic Health and Weight Management**
Chair: John Jakicic
- **Dose Response**
Chair: Bill Kraus
- **Individuals with Chronic Conditions**
Chair: David Buchner
- **Promotion of Physical Activity**
Chair: Abby King
- **Sedentary Behavior**
Chair: Peter Katzmarzyk
- **Youth**
Chair: Russ Pate

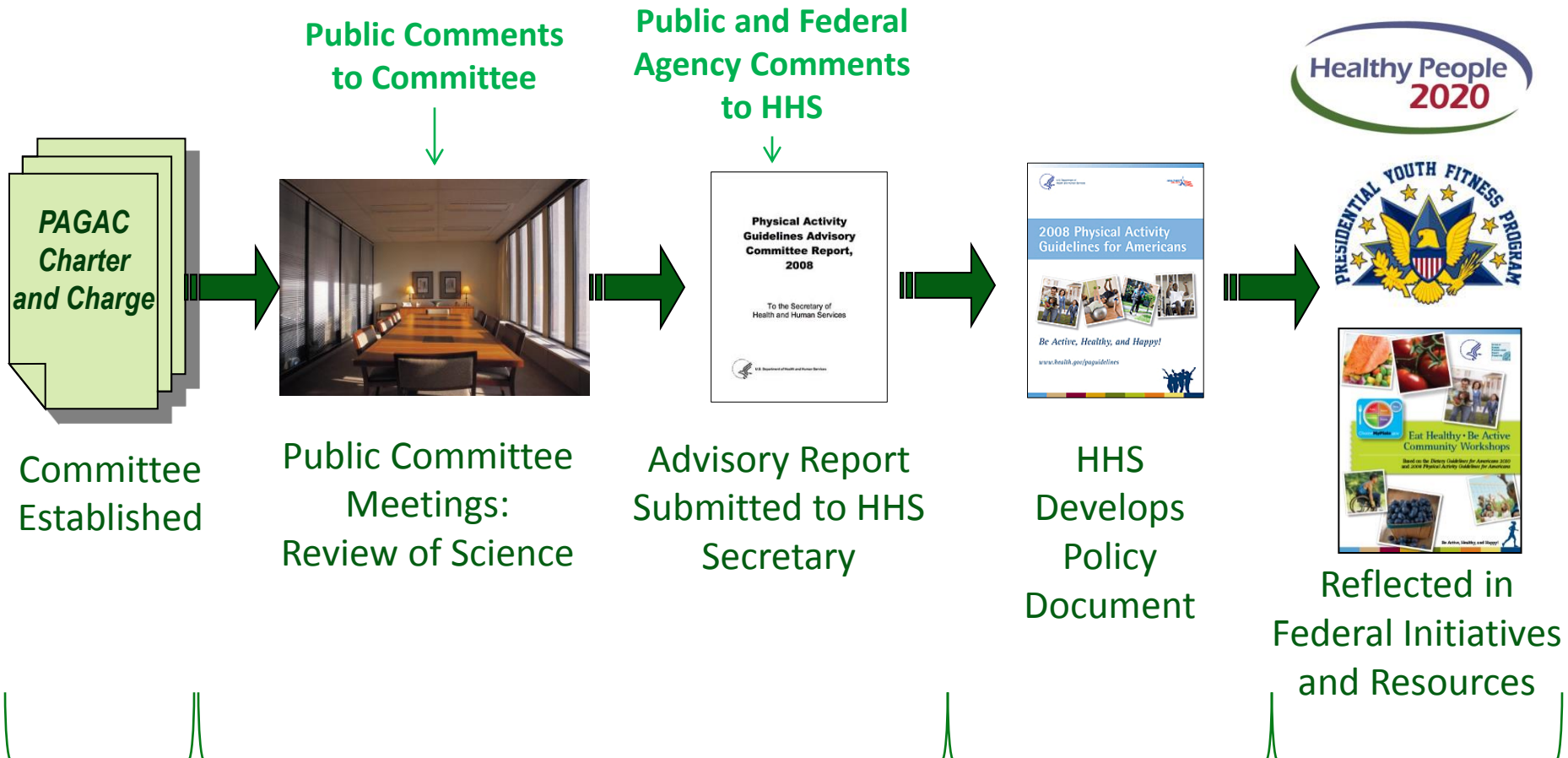


Office of Disease Prevention
and Health Promotion



Physical Activity Guidelines Development and Implementation

Physical Activity Guidelines for Americans



Phase 1

Phase 2

Phase 3

Phase 4



Office of Disease Prevention and Health Promotion



What's Next?

DATE	DETAILS
Summer-Fall 2017	<ul style="list-style-type: none">• Subcommittees continue review of evidence to address questions• Scientific Report is drafted• Public meetings in July and October
Winter 2017	<ul style="list-style-type: none">• Committee submits Scientific Report to HHS Secretary• Committee disbands
Spring-Summer 2018	<ul style="list-style-type: none">• Scientific Report made available to public to provide comments to the government• HHS prepares the Guidelines using the PAGAC Scientific Report, public comments, and federal agency feedback
Fall-Winter 2018	<ul style="list-style-type: none">• HHS publishes the second edition of the <i>Physical Activity Guidelines for Americans</i>

Chair: Russ Pate, PhD
University of South Carolina

Chuck Hillman, PhD
Northeastern University

Kathy Janz, EdD
University of Iowa

Peter Katzmarzyk, PhD
Pennington Biomedical
Research Center

Melicia Whitt-Glover, PhD
Gramercy Research Center

Ken Powell, MD, MPH

Federal Liaison: Deb Galuska, PhD
Centers for Disease Control and Prevention

ICF Liaison: Sondra Dietz



Office of Disease Prevention
and Health Promotion



1. **In children under age 6, is physical activity related to health outcomes?**
 - a. What is the relationship between physical activity and adiposity/weight status?
 - b. What is the relationship between physical activity and bone health?
 - c. What is the relationship between physical activity and cardiometabolic health?
 - d. Are there dose-response relationships? If so, what are the shapes of those relationships?
 - e. Do the relationships vary by age, sex, race/ethnicity or socioeconomic status?



- 2. In children and adolescents, is physical activity related to health outcomes?**
 - a. What is the relationship between physical activity and cardiorespiratory and muscular fitness?
 - b. What is the relationship between physical activity and adiposity/weight status? Does physical activity prevent or reduce the risk of excessive increases in adiposity/weight?
 - c. What is the relationship between physical activity and cardiometabolic health?
 - d. What is the relationship between physical activity and bone health?



Office of Disease Prevention
and Health Promotion



2. **In children and adolescents, is physical activity related to health outcomes? (continued)**
 - e. Do the relationships vary based on type and/or intensity of physical activity?
 - f. Are there dose-response relationships? If so, what are the shapes of those relationships?
 - g. Do the relationships vary by age, sex, race/ethnicity or socio-economic status?



Office of Disease Prevention
and Health Promotion



- 3. In children and adolescents, is sedentary behavior related to health outcomes?**
 - a. What is the relationship between sedentary behavior and weight status/adiposity?
 - b. Is there a dose-response relationship? If yes, what is the shape of the relationship?
 - c. Does the relationship vary by age, sex, race/ethnicity, or socio-economic status?
 - d. Is the relationship independent of light, moderate, or vigorous intensity physical activity?



Office of Disease Prevention
and Health Promotion



Thanks!



Office of Disease Prevention
and Health Promotion

