



# Introducing the *Physical Activity Guidelines for Americans*, 2<sup>nd</sup> edition

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Information adapted from the *Physical Activity Guidelines for Americans*, 2nd edition. Available at [health.gov/PAGuidelines](https://health.gov/PAGuidelines).



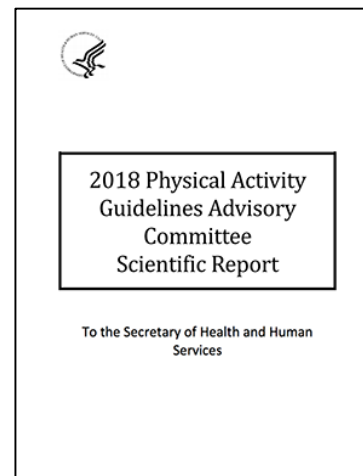


# Outline

- **Background and Development**
- **What's New**
- **Key Guidelines**
- **Promoting the Guidelines**



# Development and Implementation of the Guidelines





# Diseases or Conditions for Which Physical Activity is Beneficial



2018 Physical Activity Guidelines Advisory Committee. 2018 Physical Activity Guidelines Advisory Committee Scientific Report. Washington, DC: U.S. Department of Health and Human Services, 2018.  
Physical Activity Guidelines Advisory Committee. Physical Activity Guidelines Advisory Committee Report, 2008. Washington, DC: U.S. Department of Health and Human Services, 2008.



# New Health Benefits

## Short-Term Benefits

- Improve quality of life
- Improve insulin sensitivity
- Improve **sleep** outcomes
- Reduce blood pressure
- Reduce **anxiety**

## Long-Term Benefits

- For youth, improve **cognition**
- For adults, prevent 8 types of **cancer** (previously 2)
- For adults, reduce risk of **dementia** including **Alzheimer's** disease
- For older adults, lowers risk of **injuries from falls**
- For pregnant women, reduces the risk of **postpartum depression**.
- For all groups, reduces the risk of **excessive weight gain**

## Disease Management

- Decrease osteoarthritis pain
- Reduce progression for hypertension
- Reduce progression for type 2 diabetes
- Reduce symptoms of **anxiety and depression**
- Improve **cognition** for those with dementia, multiple sclerosis, ADHD, and Parkinson's disease



# What's New: *Physical Activity Guidelines for Americans*, 2<sup>nd</sup> edition

- Expanded science base
- New to this edition:
  - Sedentary behavior
  - Removal of 10-minute bout length
  - More health benefits – including immediate effects
- New guidance
  - Preschool-aged children (3-5 years)
  - Strategies for physical activity promotion





# YOUTH



## NEW: Key Guidelines for Children Ages 3 Through 5



- Be physically active throughout the day
- Adult caregivers encourage active play to includes a variety of activity types



## Examples of Physical Activities for Children Ages 3 Through 5

- Games such as tag or follow the leader
- Playing on a playground
- Tricycle or bicycle riding
- Walking, running, skipping, jumping, dancing
- Swimming
- Playing games that require catching, throwing, and kicking
- Gymnastics or tumbling





## Key Guidelines for School-Aged Children and Adolescents (ages 6-17)

- Participate in **enjoyable, age-appropriate** physical activities
- **1 hour** (60 minutes) or more of moderate-to-vigorous physical activity daily
  - Vigorous-intensity physical activity at least 3 days a week





## Key Guidelines for School-Aged Children and Adolescents (cont.)

- As part of 1 or more hours of daily physical activity, on at least 3 days a week include:
  - **Muscle-strengthening** activities
  - **Bone-strengthening** activities





## Examples of Muscle and Bone Strengthening Physical Activities for School-aged Children and Adolescents

### Muscle Strengthening

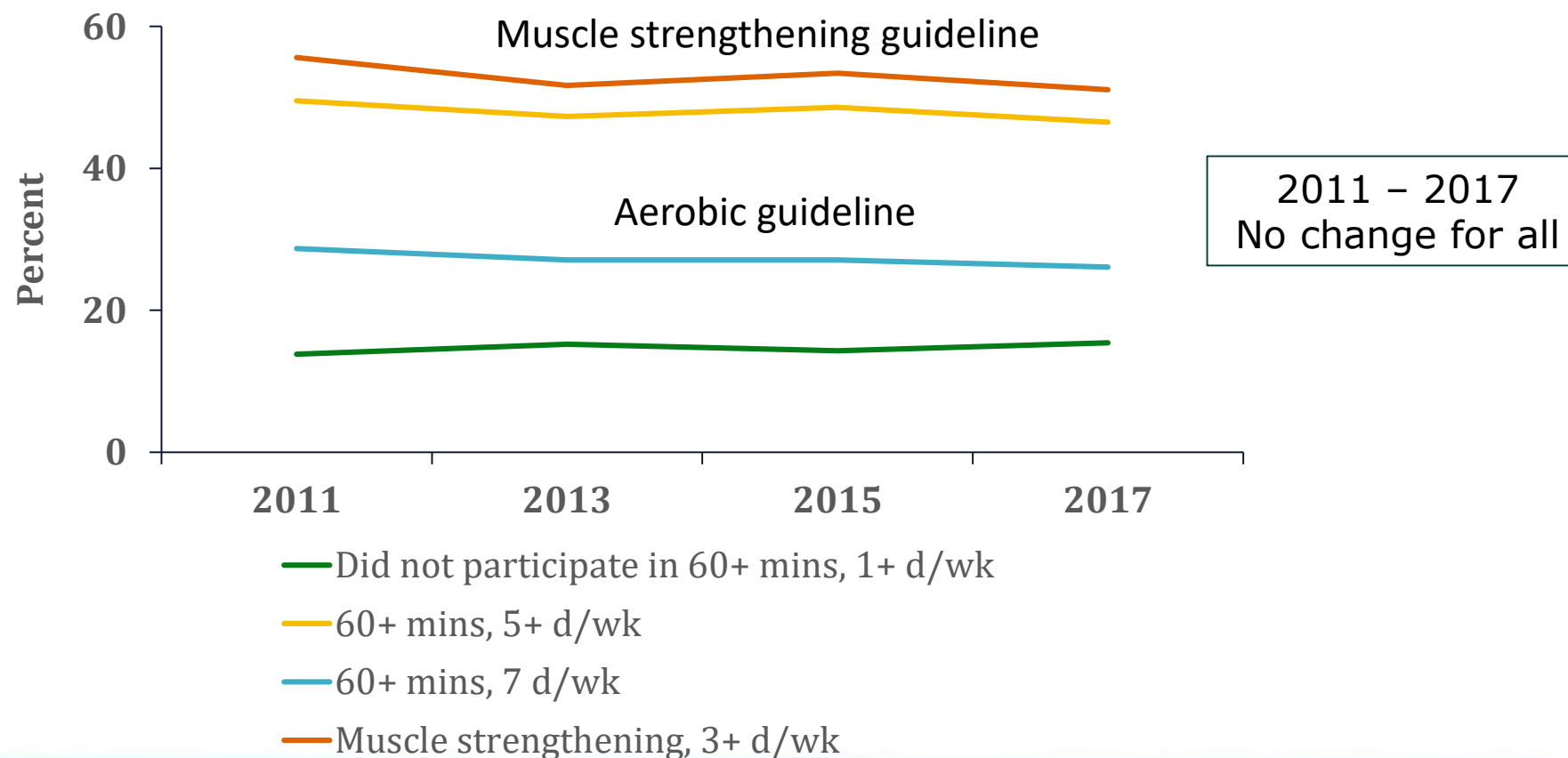
- Games such as tug of war
- Resistance exercises using body weight or resistance bands
- Rope or tree climbing
- Climbing on playground equipment
- Some forms of yoga

### Bone Strengthening

- Jumping rope
- Running
- Sports that involve jumping or rapid change in direction



## Trends in Physical Activity and Muscle Strengthening, Youth Risk Behavior Surveillance System, 2011 – 2017



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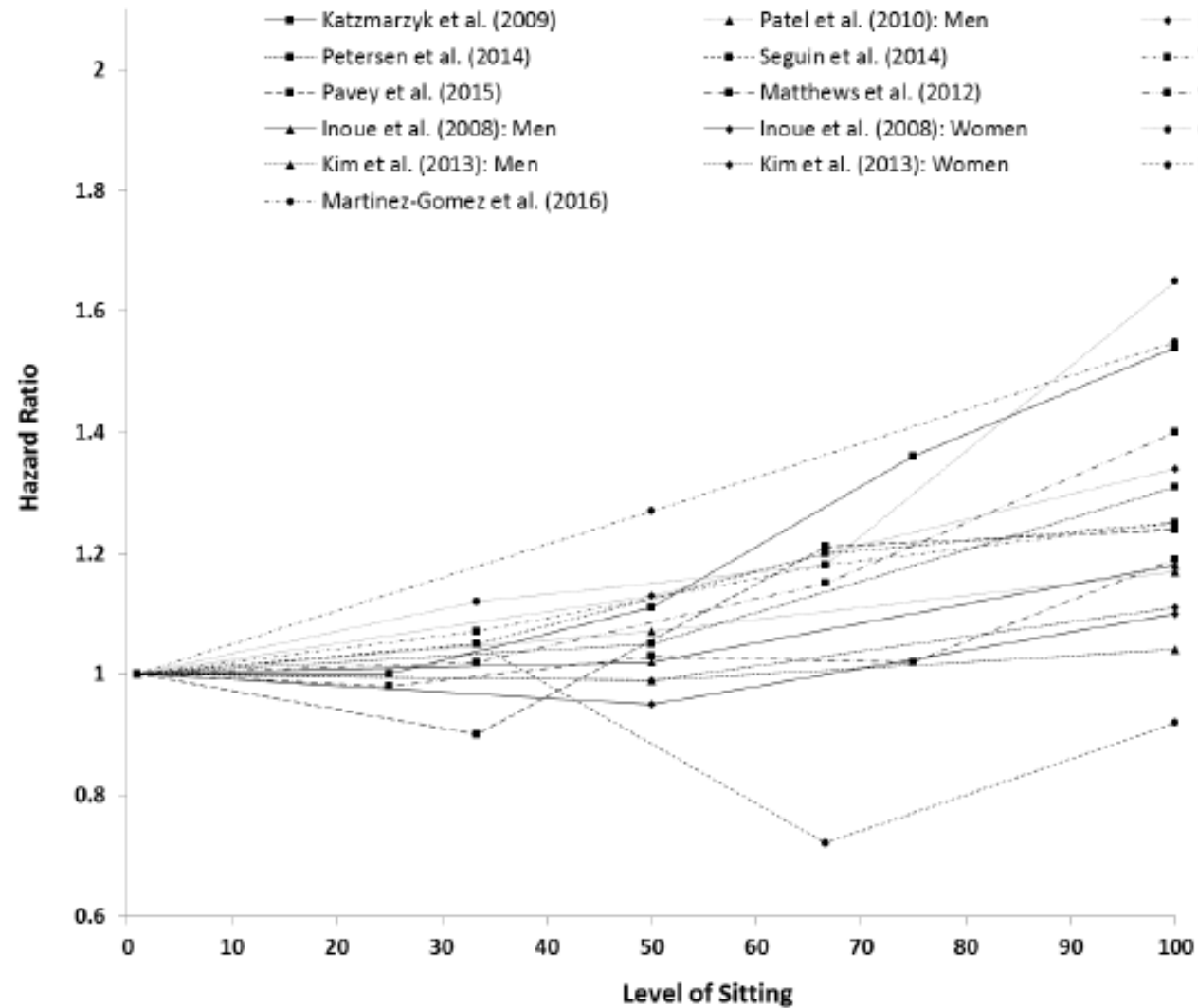
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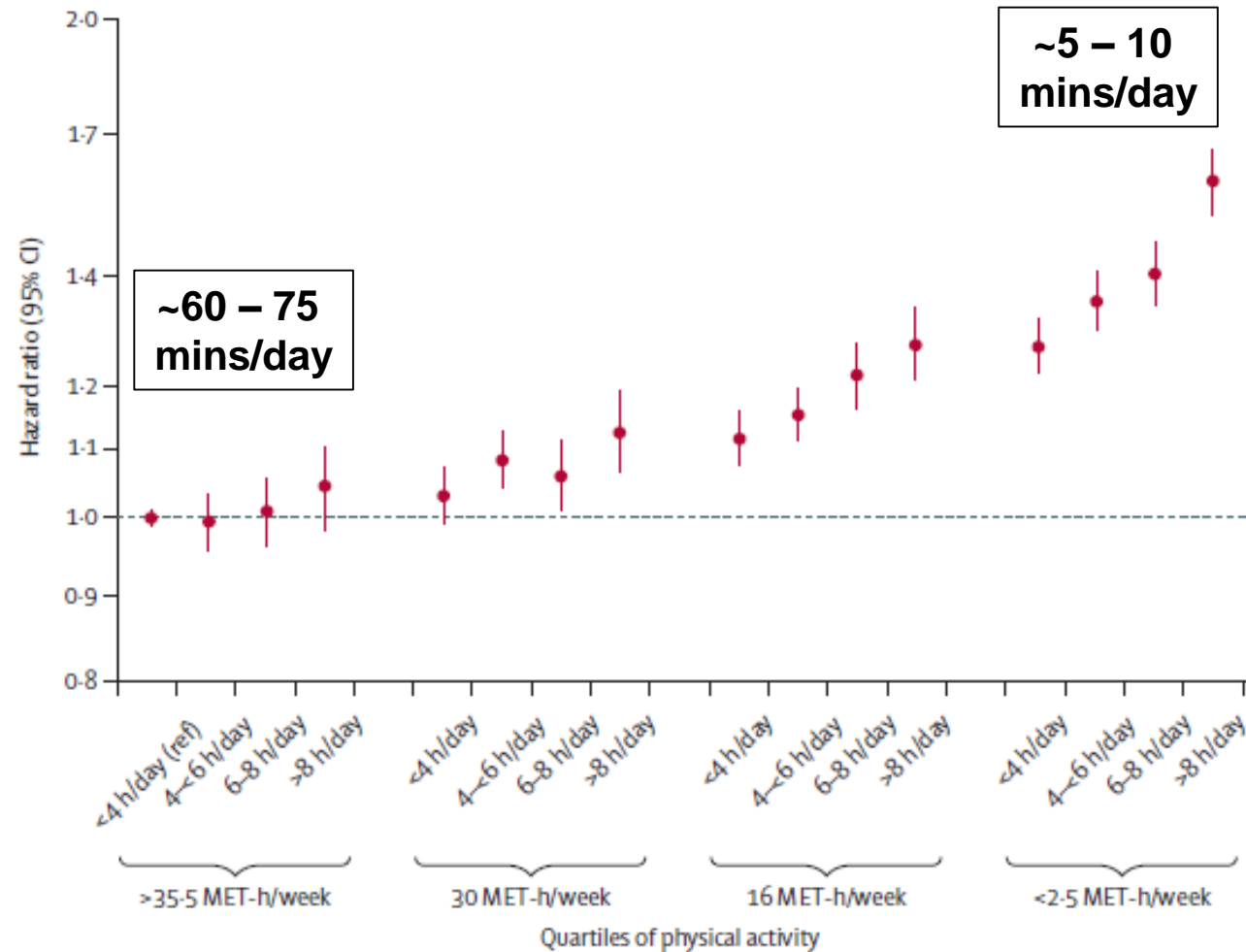


# ADULTS

# Sedentary Behavior and All-Cause Mortality



# Association of Sitting Time and Physical Activity with All-Cause Mortality



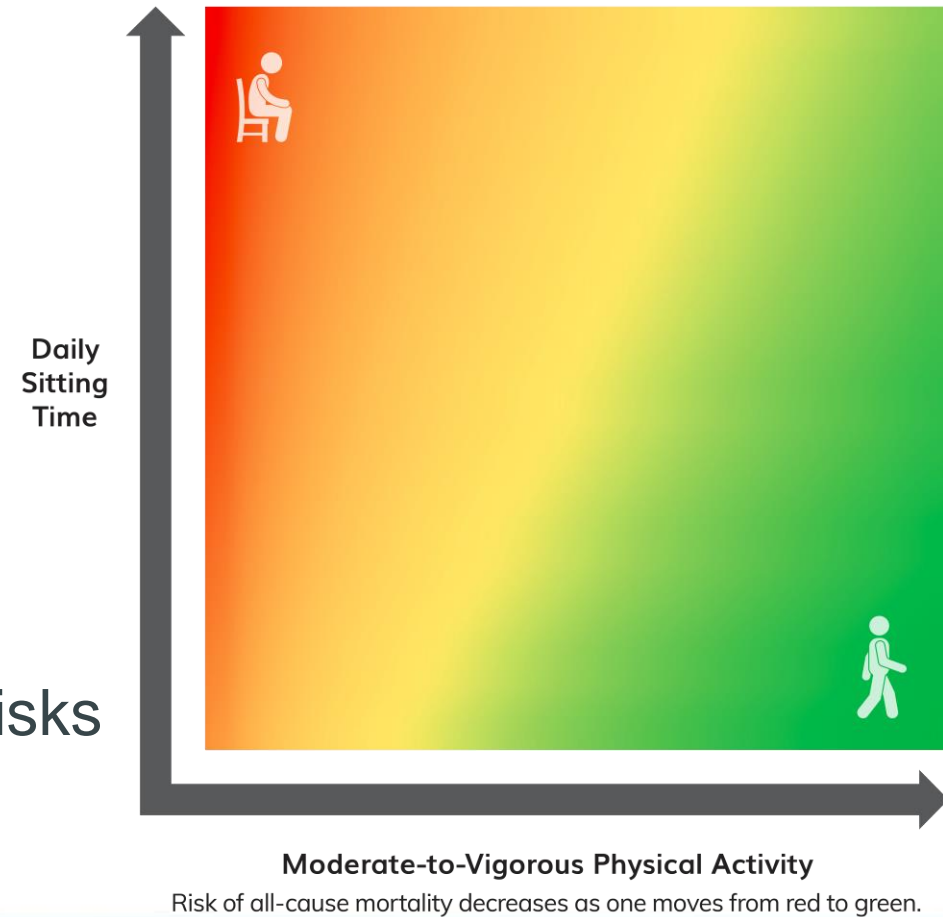


# Move More and Sit Less

Sedentary behavior increases risk of:

- All-cause and CVD mortality
  - Cardiovascular disease
  - Type 2 diabetes
  - Colon, endometrial, and lung cancers
- 
- Moderate-to-vigorous activity helps offset risks

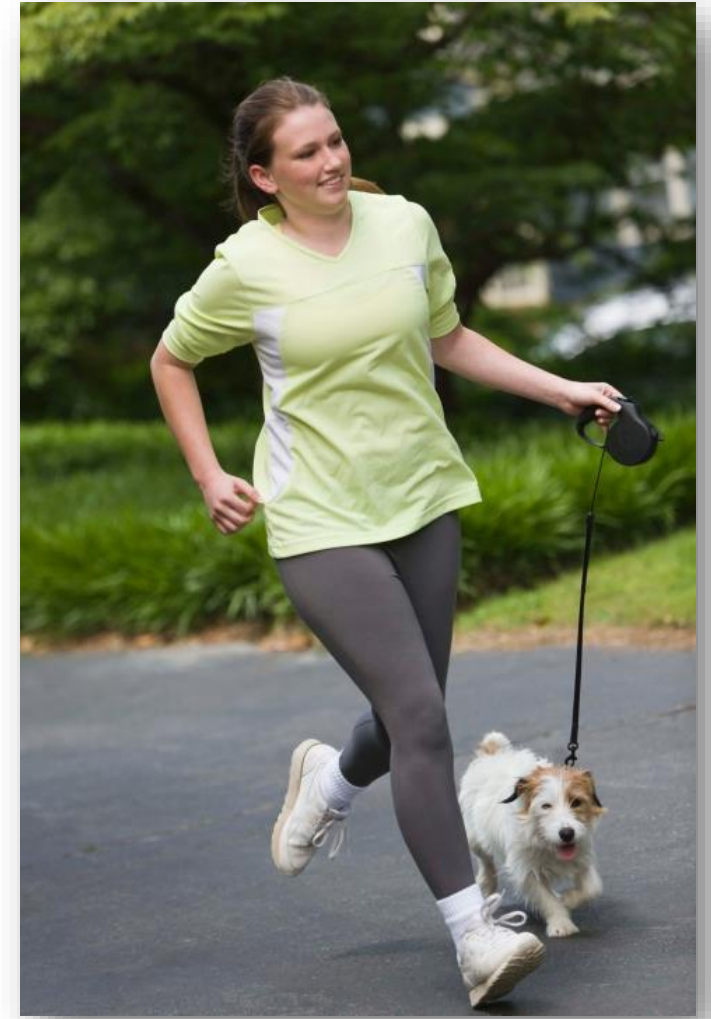
**Relationship Among Moderate-to-Vigorous Physical Activity, Sitting Time, and Risk of All-Cause Mortality in Adults**



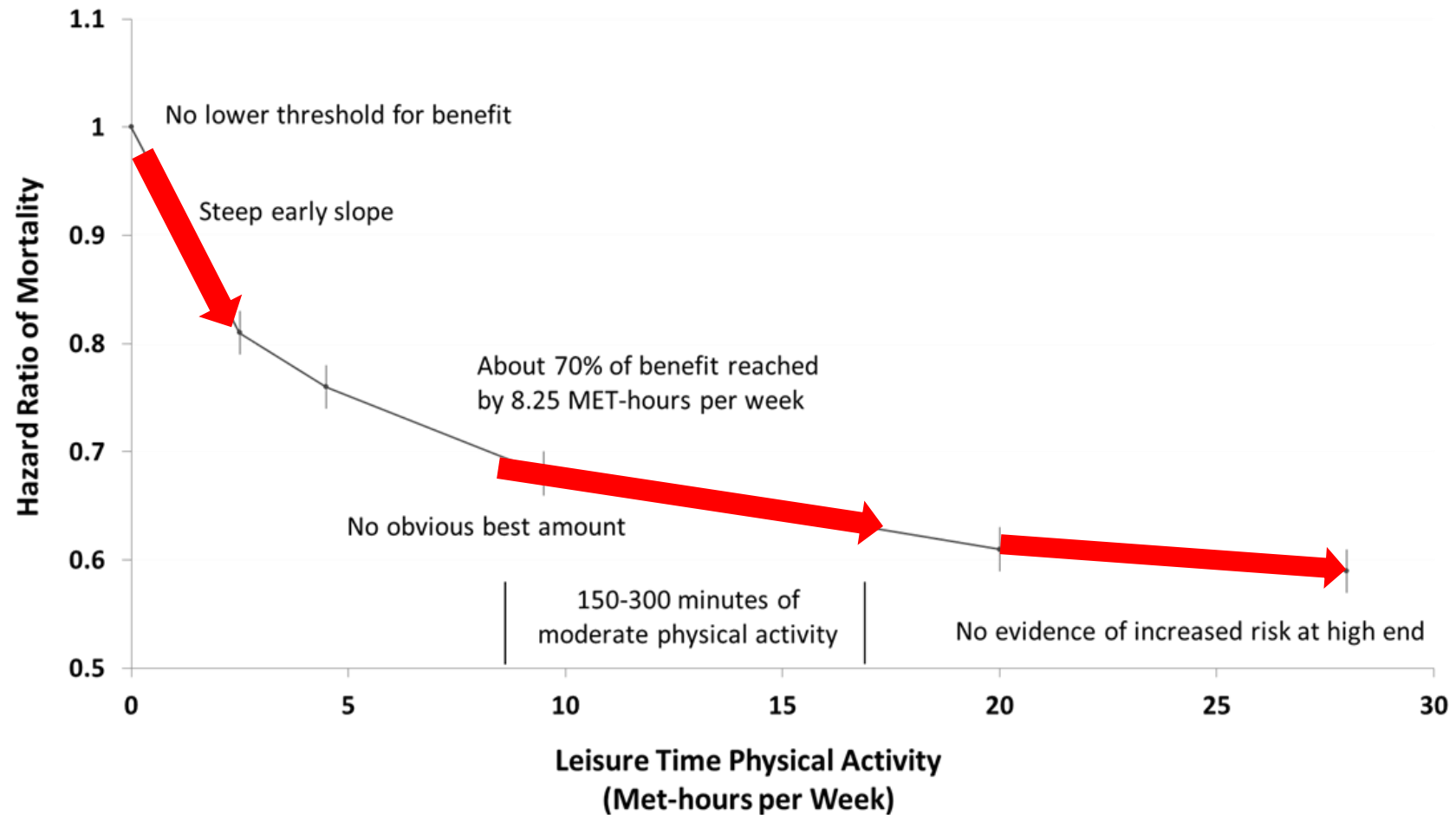


## Key Guidelines for Adults

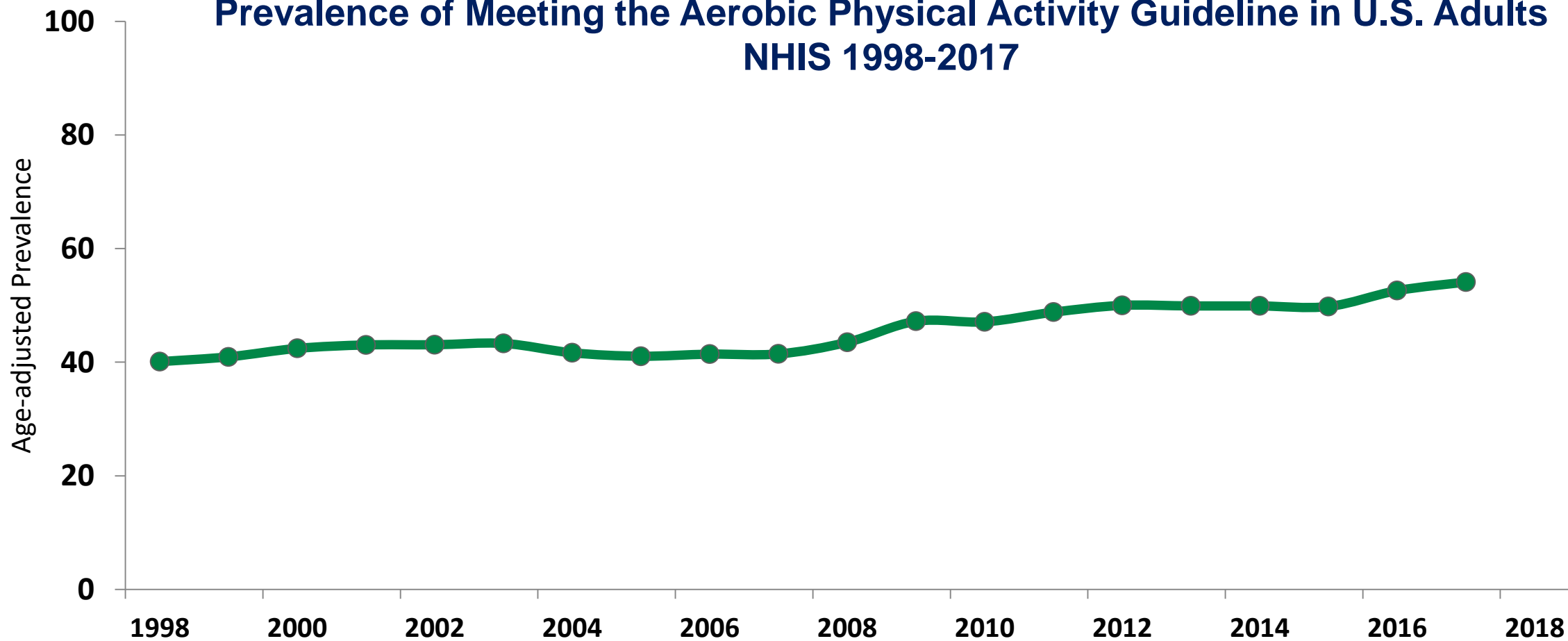
- **Move more and sit less**
  - Some physical activity is better than none
- For substantial health benefits
  - At least **150 minutes to 300 minutes a week** of moderate-intensity aerobic physical activity
- For additional health benefits
  - More than **300 minutes a week** of moderate-intensity aerobic activity
- **Muscle-strengthening** activities for all major muscle groups on **2 or more days a week**



# Adult Aerobic Guideline



## Prevalence of Meeting the Aerobic Physical Activity Guideline in U.S. Adults NHIS 1998-2017





# OLDER ADULTS



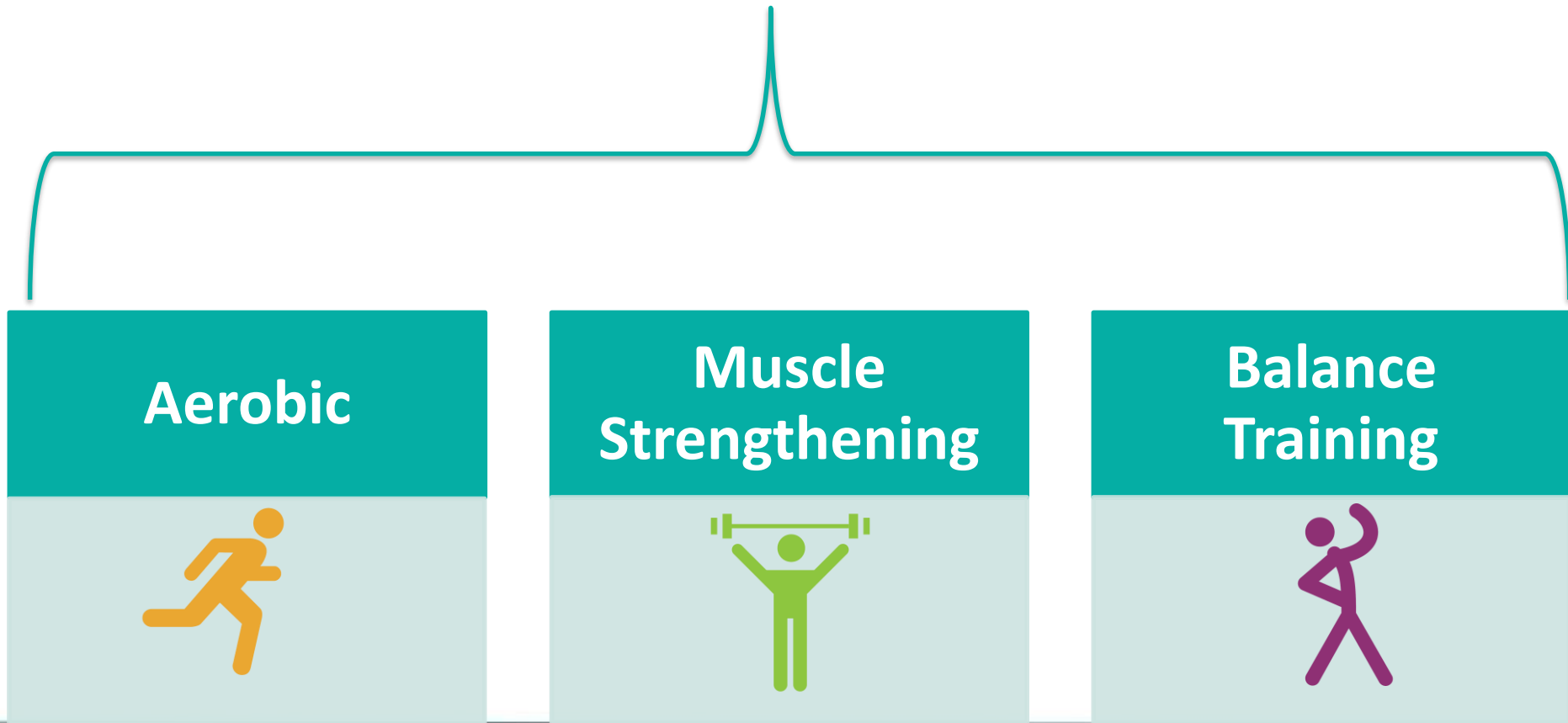
# Key Guidelines for Older Adults

- Follow adult guidelines
- Include **multicomponent physical activity**
  - Aerobic
  - Muscle-strengthening
  - Balance
- Chronic conditions
  - Understand how conditions affect ability to perform regular physical activity safely





# Multicomponent Physical Activity





# Examples of Physical Activities for Older Adults

## Aerobic Activities

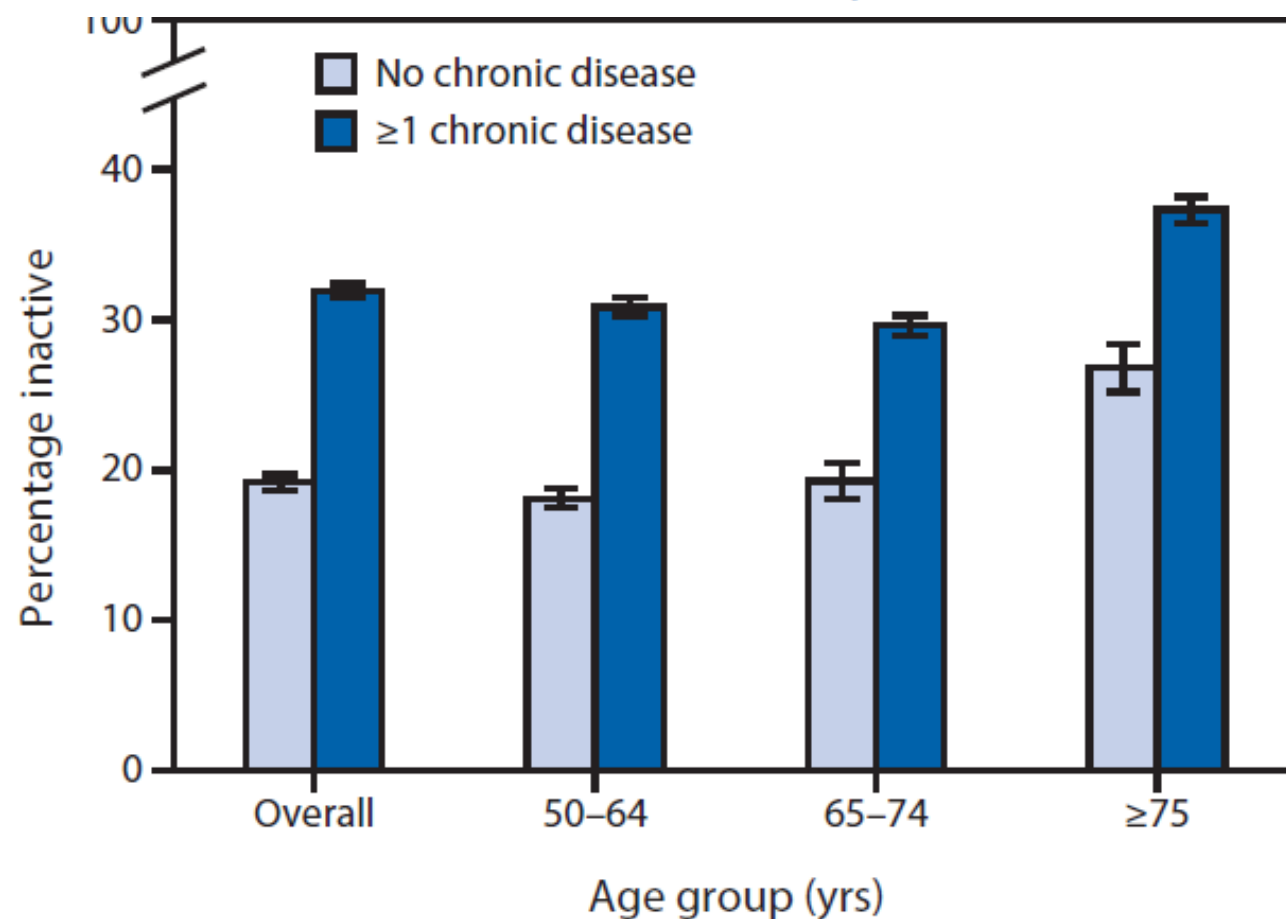
- Walking or hiking
- Dancing
- Swimming
- Water aerobics
- Jogging or running
- Aerobic exercise classes
- Some forms of yoga
- Bicycle riding (stationary or outdoors)
- Some yard work, such as raking and pushing a lawn mower
- Sports like tennis or basketball

## Muscle-Strengthening Activities

- Strengthening exercises using bands, weight machines, or hand-held weights
- Body-weight exercises (push-ups, pull-ups, planks, squats, lunges)
- Gardening (digging, lifting, carrying)
- Carrying groceries
- Some yoga postures
- Some forms of tai chi



## Physical Inactivity Among Adults Aged 50 Years and Older — United States, 2014



Watson KB et al. MMWR / September 16, 2016 / Vol. 65 / No. 36.



# Promoting Physical Activity: What Works?

## Individuals or Small Groups

- Guidance from peers or professionals
- Support from others
- Technology

## Communities

- Point-of-decision prompts
- School policies and practices
- Access to indoor or outdoor recreation facilities
- Community-wide campaigns
- Community design



# For Individuals or Small Groups

- Support from others
- Guidance from professionals



EXERCISE PRESCRIPTION & REFERRAL FORM			Exercise is Medicine® <small>www.ExerciseIsMedicine.org</small>	
PATIENT'S NAME:		DOB:	DATE:	
HEALTH CARE PROVIDER'S NAME:		SIGNATURE:		
PHYSICAL ACTIVITY RECOMMENDATIONS			REFERRAL TO HEALTH & FITNESS PROFESSIONAL	
Type of physical activity:	Aerobic	Strength	Name: _____	
Number of days per week:			Phone: _____	
Minutes per day:			Address: _____	
Total minutes per week:			Web Site: _____	
<small>*PHYSICAL ACTIVITY GUIDELINES Adults aged 18-64 with no chronic conditions: Minimum of 150 minutes of moderate physical activity a week (for example, 30 minutes per day, five days a week) and muscle-strengthening activities on two or more days a week (2008 Physical Activity Guidelines for Americans).</small>			Follow-up Appointment Date: _____	



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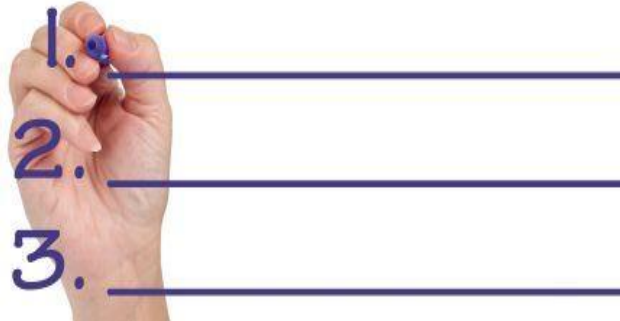




# Technology



## Goals



### Remote delivery

- Telephone
- Virtual coaching
- Text messaging



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# For Communities



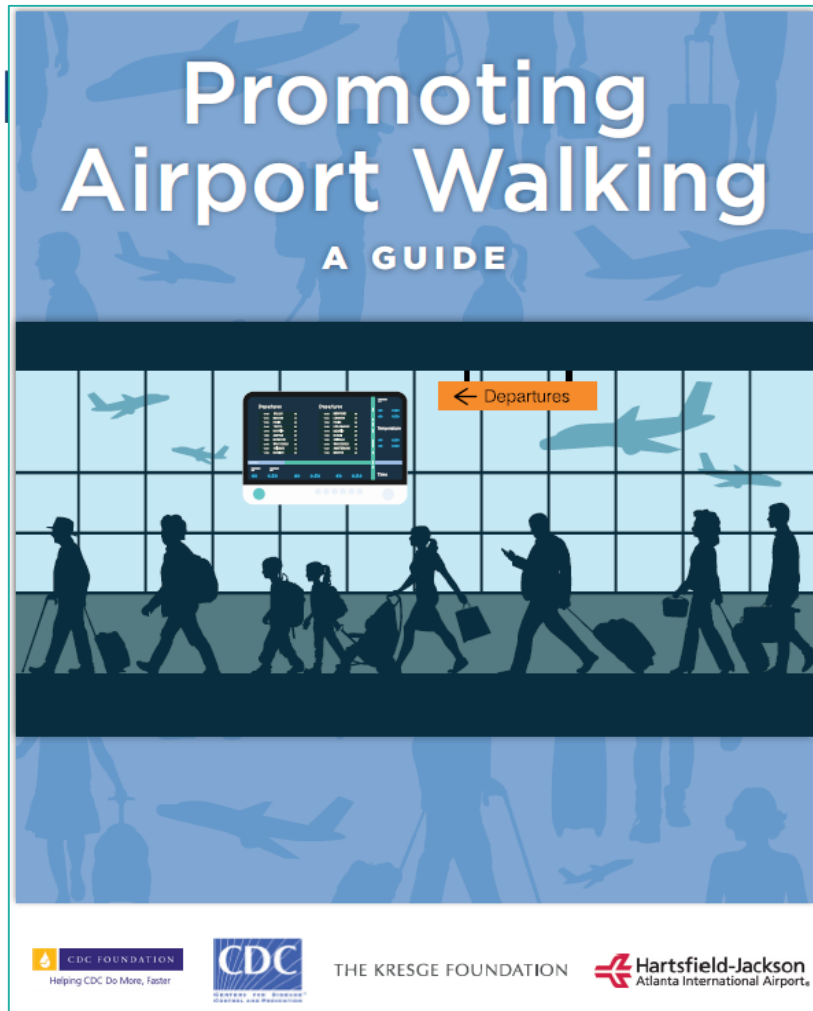
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# Point of Decision Prompts -- Atlanta Airport



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Fulton JE et al., *Am J Public Health*, 2017.





# Built Environment Approaches

## U.S. Community Preventive Services Task Force

Combine interventions from two major categories

Pedestrian or Bicycle  
Transportation Systems

Land Use and  
Environmental Design

# Connect Routes to Destinations

access



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Guide to Community Preventive Services. Physical Activity: Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Design.  
<https://www.thecommunityguide.org/findings/physical-activity-built-environment-approaches>.





Lighter. Quicker. Cheaper.



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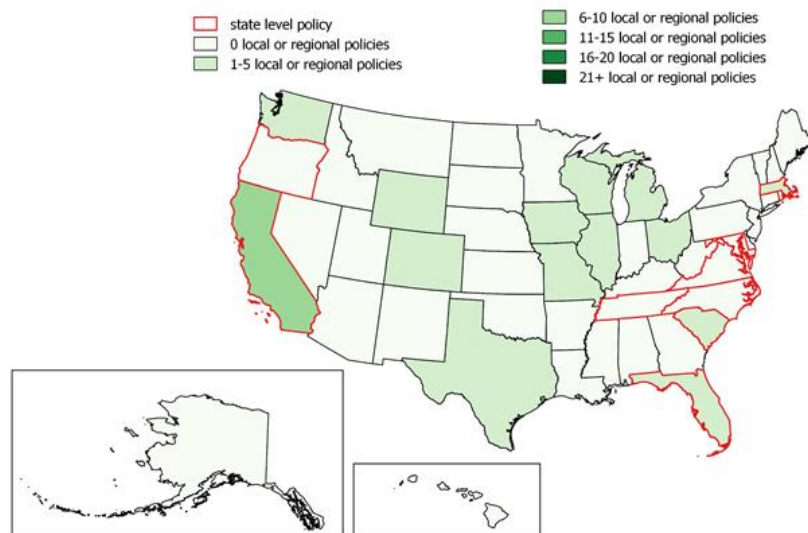


# Complete Streets Policies

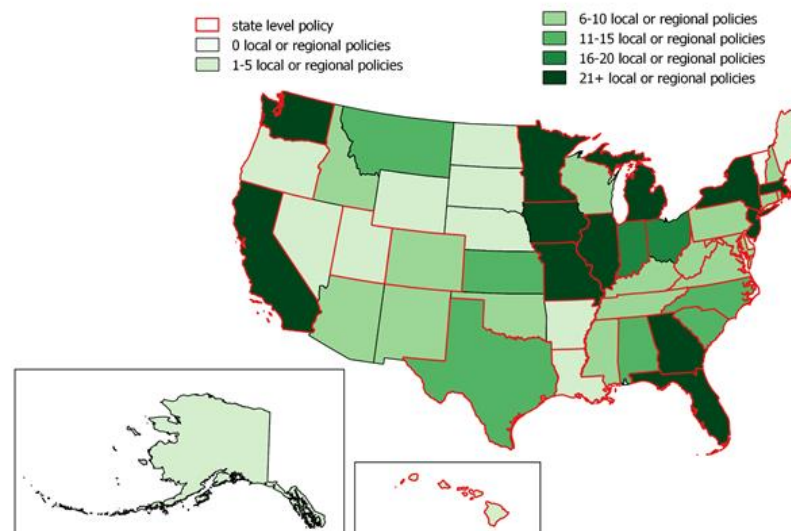
2006: **10** state-level policies and **36** unique local or regional policies

2016: **32** state-level policies and **1108** unique local or regional policies

Adoption of Complete Streets Policies  
2006



Adoption of Complete Streets Policies  
2016



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# Taking Action: Cross-Sectoral Approaches

- Business and Industry
- Community Recreation, Fitness, and Parks
- Education
- Healthcare
- Faith-based Settings
- Mass Media
- Public Health
- Sports



Adapted from *STEP IT UP! The Surgeon General's Call to Action to Promote Walking and Walkable Communities*.

[www.surgeongeneral.gov/stepitup](http://www.surgeongeneral.gov/stepitup)



# Promoting the Guidelines: Move Your Way Campaign

**MOVE YOUR WAY Activity Planner**  
Plan your week

Want to see some different activities?

**Change your settings**

☐ Show aerobic activities Get your heart beating faster!

☐ Show muscle-strengthening activities Get your muscles working harder!

Choose an activity to get started.

 Baseball or softball	 Basketball	 Biking <small>Edit</small>
 Brisk walking	 Cheerleading	 Football
 Gardening and weeding <small>Edit</small>	 Golf (without a cart)	 Hiking
 Hockey	 Home repairs	 Horseback riding

**Aerobic activity:** Aim for at least 150 minutes  
100 out of 150 minutes

**Muscle-strengthening activity:** Aim for at least 2 days  
1 out of 2 days

You're on your way to 150!

**Gardening and weeding**  
 40 minutes, 1 day this week Edit

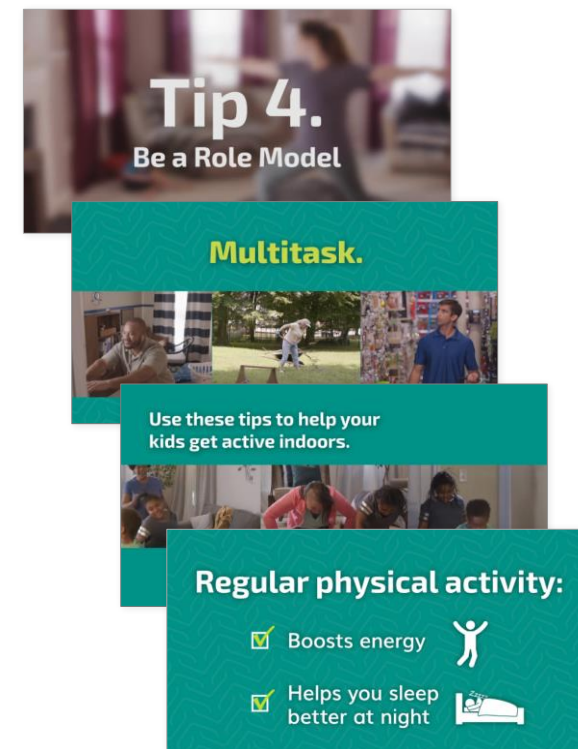
**Biking**  
 20 minutes, 3 days this week Edit

**Review your week**

Interactive tools



Posters and factsheets



Series of videos

A national initiative led by CDC to help

**27 million Americans**

become more physically active by 2027. Increased physical activity can improve health, quality of life, and reduce healthcare costs.





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# Thank you!

<https://health.gov/paguidelines/>

<https://www.cdc.gov/physicalactivity/activepeoplehealthynation>  
[#activepeople](#)



# EXTRA SLIDES



# Key Guidelines for Adults with Chronic Health Conditions and Adults with Disabilities



- **Follow adult guidelines.** When not possible, engage in regular physical activity according to abilities and avoid inactivity
- Can consult a health care professional or physical activity specialist



# Key Guidelines for Women During Pregnancy and the Postpartum Period

- **Follow adult guidelines.** When not possible, engage in regular physical activity according to abilities and avoid inactivity
- If physically active before pregnancy, **women can continue during pregnancy and postpartum**
- Women can consult with a health care provider about adjusting physical activity





# Key Guidelines for Safe Physical Activity

- Physical activity is safe for almost everyone
- For inactive people, “start low and go slow”
- Use appropriate gear and sports equipment, choose safe environments, follow rules and policies, and make sensible choices

