Welcome

Katrina L. Piercy, PhD, RD, ACSM-CEP
Alternate Designated Federal Officer
2018 Physical Activity Guidelines Advisory Committee Membership

- **Abby C. King, PhD, Co-chair**  
  Stanford University School of Medicine
- **Ken Powell, MD, MPH, FACSM, Co-chair**  
  Retired, CDC and Georgia Department of Human Resources
- **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
2018 Physical Activity Guidelines Advisory Committee Consultants

- **Matthew P. Buman, PhD, FACSM**  
  Arizona State University

- **Virginia Byers Kraus, MD, PhD**  
  Duke University School of Medicine

- **David E. Conroy, PhD**  
  The Pennsylvania State University

- **Kelly Evenson, PhD, MS, FACSM**  
  University of North Carolina – Chapel Hill

- **Christine M. Friedenreich, PhD**  
  University of Calgary

- **William L. Haskell, PhD, FACSM**  
  Stanford University

- **Melissa A. Napolitano, PhD**  
  The George Washington University

- **Steven J. Petruzzello, PhD, FACSM**  
  University of Illinois at Urbana-Champaign

- **Ronald J. Sigal, MD, MPH**  
  University of Calgary
2018 PAG Advisory Committee Resources

• **Advisory Committee Meeting Resources**
  – Written meeting summaries
  – Archived webcasts and presentation slides

• **Public Comment Database**
  – Read or submit public comments to the Advisory Committee

[health.gov/paguidelines]
Differentiating the Scientific Report and Guidelines

**2018 Physical Activity Guidelines Advisory Committee Scientific Report**

- Recommendations of the Committee to the *federal government* based on its review of the scientific literature
- Submitted to the HHS Secretary expected in early 2018

**Physical Activity Guidelines for Americans, second edition**

- Physical activity recommendations of federal government to the *American public*
- Expected release in late 2018
## Meeting Presentations

<table>
<thead>
<tr>
<th>Wednesday Afternoon 1-5 pm</th>
<th>Thursday All Day 8-5 pm</th>
<th>Friday Morning 8-11 am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer SC</td>
<td>Exposure SC</td>
<td>Pregnancy Working Group</td>
</tr>
<tr>
<td>Chronic Conditions SC</td>
<td>Brain Health SC</td>
<td>Fitness Working Group</td>
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<tr>
<td>Youth SC</td>
<td>Cardiometabolic Health and Weight Management SC</td>
<td>Youth Transition Working Group</td>
</tr>
<tr>
<td>Pulling forward information from 2008 PAGAC/2008 PAG</td>
<td>Sedentary Behavior SC</td>
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<td></td>
<td>Aging SC</td>
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<td></td>
<td>Physical Activity Promotion SC</td>
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<td></td>
<td>Integration chapter of the PAGAC Scientific Report</td>
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Meeting 4

Introduction and Overview
2018 PAGAC Co-Chairs
Abby King & Ken Powell
Meeting 1 Overview

• 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
Meeting 2 Overview

• Public comment

• Committee discussed:
  – The spectrum of physical activity from sedentary behavior to high intensity activity
  – Physical activity and physical fitness
  – Musculoskeletal health
  – Advantages & disadvantages of self-reported and device-based measurement of physical activity

• Overall systematic review question prioritization
Meeting 3 Overview

- Subcommittee presentations on question 1
  - Draft conclusions and grades presented
  - Full Committee discussion and deliberation

- Prioritization of next set of systematic review questions

- Presentation about setting physical activity targets by Dr. Bill Haskell (2008 PAGAC Chair)
Meeting 4 Goals

• Subcommittee presentations on questions and Committee discussion and deliberation

• Presentations by working groups
  – Fitness
  – Pregnancy
  – Youth transition

• Discussion of integration chapter

• Discussion of carrying forward information from 2008 PAGAC Scientific Report
Overview for Subcommittee Presentations

• Updates on progress made with systematic review questions
  – Each subcommittee has multiple questions in progress
  – All conclusions, grades, etc. are in draft form
  – Next slide shows grading criteria which all subcommittees are using to grade the evidence
## Grading the Evidence
Adapted from 2015 Dietary Guidelines Advisory Committee

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Strong</th>
<th>Moderate</th>
<th>Limited</th>
<th>Grade Not Assignable</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Applicability</strong></td>
<td>Study populations, exposures, and outcomes are directly related to the question</td>
<td>Some of the study populations, exposures, or outcomes, are directly related to the question</td>
<td>Most of study populations, exposures, and outcomes relate to the question indirectly</td>
<td>All of the study populations, exposures, and outcomes relate to the question indirectly</td>
</tr>
<tr>
<td><strong>Generalizability</strong> (to the US population of interest)</td>
<td>Studied population, exposure, and outcomes are free from serious doubts about generalizability</td>
<td>Minor doubts about generalizability</td>
<td>Serious doubts about generalizability due to narrow or different study population, exposure, or outcomes studied</td>
<td>Highly unlikely that the studied population, exposure, and/or outcomes are generalizable to the US population</td>
</tr>
<tr>
<td><strong>Risk of bias/study limitations</strong></td>
<td>Studies are of strong design; free from methodological concerns, bias, and execution problems</td>
<td>Studies are of strong design with minor methodological concerns OR studies of weaker study design</td>
<td>Studies of weak design OR inconclusive findings due to design flaws, bias, or execution problems</td>
<td>Serious design flaws, bias, or execution problems across the body of evidence</td>
</tr>
<tr>
<td><strong>Quantity &amp; Consistency</strong> (of the results across the available studies)</td>
<td>Many studies have been published and the results are highly consistent in direction and approximate size of effect.</td>
<td>A moderate number of studies have been published with some inconsistency in direction or size of effect.</td>
<td>Few studies have been published with some inconsistency in direction or size of effect.</td>
<td>Findings are too disparate to synthesize OR single small study unconfirmed by other studies</td>
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<tr>
<td><strong>Magnitude and precision of effect</strong></td>
<td>The magnitude and precision of the estimated effect provide considerable confidence in the accuracy of the findings.</td>
<td>The magnitude and precision of the estimated effect provide confidence in the accuracy of the findings.</td>
<td>The magnitude and precision of the estimated effect provide some but not a lot of confidence in the accuracy of the findings.</td>
<td>Magnitude and precision of effect cannot be determined</td>
</tr>
</tbody>
</table>
Order of Presentations

Wednesday afternoon
• Cancer-Primary Prevention SC
• Individuals with Chronic Conditions SC
• Youth SC

Thursday all day
• Exposure SC
• Brain Health SC
• Cardiometabolic Health and Weight Management SC
• Sedentary Behavior SC
• Aging SC
• Promotion of Physical Activity SC

Friday morning
• Pregnancy working group
• Fitness working group
• Young adult transition working group
Next Steps

• Future meeting – October 2017

• Goal: Finalize questions and conclusions and approval by Committee of all subcommittee work

• Watch previous meetings (July 2016, October 2016, March 2017), download presentations, or read meeting summaries at https://health.gov/paguidelines/second-edition/meetings/