Welcome
Richard D. Olson, MD, MPH
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, Co-chair
  Retired, CDC and Georgia Department of Human Resources
- David Buchner, MD, MPH
  University of Illinois
- Wayne Campbell, PhD
  Purdue University
- Loretta DiPietro, PhD, MPH
  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
  University of Iowa
- Peter T. Katzmarzyk, PhD
  Pennington Biomedical Research Center
- William E. Kraus, MD
  Duke University
- Richard F. Macko, MD
  University of Maryland School of Medicine
- David Marquez, PhD
  University of Illinois at Chicago
- Anne McTiernan, MD, PhD
  Fred Hutchinson Cancer Research Center
- Russell R. Pate, PhD
  University of South Carolina
- Linda Pescatello, PhD
  University of Connecticut School of Medicine
- Melicia C. Whitt-Glover, PhD
  Gramercy Research Group
2018 Physical Activity Guidelines Advisory Committee Consultants

- **Matthew P. Buman, PhD**
  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**
  University of North Carolina – Chapel Hill
- **Christine M. Friedenreich, PhD**
  University of Calgary
- **William L. Haskell, PhD**
  Stanford University
- **Melissa A. Napolitano, PhD**
  The George Washington University
- **Steven J. Petruzzello, PhD**
  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 through November 10, 2017

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>Tuesday Afternoon 1 - 4:30 pm</th>
<th>Wednesday Morning 8 - 11:15 am</th>
<th>Thursday Morning 8 - 11:15 am</th>
<th>Friday Morning 8 - 11:15 am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiometabolic Health &amp; Weight Management SC</td>
<td>Youth SC</td>
<td>Aging SC</td>
<td>Committee Discussion</td>
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<tr>
<td>Cancer – Primary Prevention SC</td>
<td>Pregnancy Work Group</td>
<td>Promotion of Physical Activity SC</td>
<td></td>
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<tr>
<td>Exposure SC</td>
<td>Individuals with Chronic Conditions SC</td>
<td>Brain Health SC</td>
<td></td>
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Introduction and Overview
2018 PAGAC Co-Chairs
Ken Powell & Abby King
Meeting 1 Overview (July 2016)

- 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 (October 2016)

- Public comment
- Overall systematic review and prioritization of questions
- 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
Meeting 3 Overview (March 2017)

- 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 Overview (July 2017)

• Subcommittee presentations on questions
  – Draft conclusions and grades presented
  – Full Committee discussion and deliberation

• Presentations by working groups and status updates
  – Fitness
  – Pregnancy
  – Youth transition

• Discussion of integration chapter

• Discussion of carrying forward information from 2008 PAGAC Scientific Report
Meeting 5 Goals

• Finalize all grades and conclusion statements
  – Next slide shows grading criteria which all subcommittees are using to grade the evidence
  – Any modifications made to previous grades or conclusions
• Finalize research needs
• Come to consensus on key overarching topics for Report
• Not presenting at this meeting:
  – Sedentary Behavior subcommittee – questions finished at July meeting
  – Fitness and Young Adult Transition Working Group – work has finished
### 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>
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<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>
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Order of Presentations

**Tuesday Afternoon**
- Cardiometabolic Health and Weight Management SC
- Cancer-Primary Prevention SC
- Exposure SC

**Wednesday Morning**
- Youth SC
- Individuals with Chronic Conditions SC
- Pregnancy working group

**Thursday Morning**
- Aging SC
- Promotion of Physical Activity SC
- Brain Health SC
Friday Morning Discussion

Key Topics to Come to Consensus On

• Adults
• Youth
• Older adults
• Special populations
• Sedentary behavior
• Resistance training
• Safety
• Assembling the evidence
Next Steps

• Submit Physical Activity Guidelines Advisory Committee Scientific Report to HHS Secretary (anticipated in early 2018)

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