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 Goals

• Subcommittee presentations on question 1 and Committee discussion and deliberation

• Prioritization of next set of systematic review questions

• Discussion of issues affecting more than one subcommittee
Overview for Subcommittee Presentations

• Updates on progress made with first systematic review question
  – Each subcommittee has one or more questions in progress
  – All conclusions, grades, implications, etc. are in draft form

• Present prioritized subcommittee question lists
# 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>
</tr>
<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

Exposure
Brain Health
Sedentary Behavior
Youth
Promotion of Physical Activity
Cardiometabolic Health and Weight Management
Aging
Cancer-Primary Prevention
Individuals with Chronic Conditions
Afternoon Discussion Items

- Presentation and discussion about determining Physical Activity Guideline targets
- Question prioritization
- Updates on work groups
  - Transition from Youth to Adult Guidelines
  - Pregnancy
  - Fitness
Next Steps

• Future meetings – July and October 2017

• Similar format with subcommittee presentations and deliberations by the full Committee