Transition from Youth to Adult Guidelines

Lead: Kathy Janz

Members: Wayne Campbell, David Buchner, Peter Katzmarzyk, Russ Pate, Ken Powell

Supported by Richard Troiano, Katrina Piercy, Sondra Dietz
Invited Experts

• Dr Esther van Sluijs, MRC Epidemiology Unit, University of Cambridge School of Clinical Medicine

• Dr Kirsten Corder, MRC Epidemiology Unit, University of Cambridge School of Clinical Medicine

• No Consultants
PAG Differ by Stages of Life

23.5% 12th Graders met PAG Aerobic (60 min/d, everyday)

53% YA met PAG Aerobic (150 min/wk)

BRFSS, YRBSS 2015
50% 12th graders met muscle-strengthening PAG (3 x week)

46% YA met muscle-strengthening PAG (2 x week)
NHANES: Total PA May Increase During YA When Objectively Measured

Fig. 1. Percentiles of TLAC over the lifespan (6 years old to 84 years old) for males (left) and females (right). TLAC = total log-transformed activity counts. Percentiles of TLAC, from 5%–95%, are indicated using different colors (black = 95%, gray = 90%, yellow = 75%, purple = 50%, cyan = 25%, blue = 10%, green = 5%).

Varma et al Prev Med 2017
Fig. 2. Percentile Curves of sedentary, light, and moderate-to-vigorous PA over the lifespan (6 years old to 84 years old) for males (left) and females (right). Percentiles of SePA, LiPA, and MVPA, from 5%–95%, are indicated using different colors (black = 95%, gray = 90%, yellow = 75%, purple = 50%, cyan = 25%, blue = 10%, green = 5%).

Varma et al Prev Med 2017
Paradigm for PA Guidelines

- Youth: Healthy Growth & Development
- Adult: Disease Prevention and Quality of Life
**YA Mix Healthy Development & Disease Prevention**

- *Bone Health*
- *Weight Gain/Obesity*
- *Brain Health*

- Young Adults

Young Adult Transition • July 19-21, 2017
Status Report

- Phone conversation experts January
- Phone meeting Feb
- PAGAC 3 Break Out Meeting March
  - Decision: young adult transition can be included in the report as a contextual piece, similar to fitness; there will not be a new systematic review question.
- ICF extraction for the 18-35 year old age range checkboxes
  - WC reviewed weight gain/obesity for young adult transition group (18 primary research papers).
  - KJ reviewed bone health (2 reviews, 8 primary papers) and brain health (5 reviews) for young adult transition
- Phone meeting July
  - Evidence was stratified by age not organized to ascertain dose specificity by age group
  - Decision to not actively pursue for 2018 PAG
Next Steps

• Working group journal editorial addressing the need for more research particularly RCT
  – Health promotion opportunity during transition

• Contribute a summary of discussions for the report to be placed in “emerging issues” or fitness or somewhere else
  – Promotion PAG with greater emphasis on relative intensity
Relative: Intensity Depends on the Fitness Level

Brisk walking at 3.5 mph (3.8 METs)

"Hard"

"Light"

"Moderate"

Average 40-50 Yr Adult

Average YA Adult