



Meeting 5

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



Tuesday Afternoon 1 - 4:30 pm	Wednesday Morning 8 - 11:15 am	Thursday Morning 8 - 11:15 am	Friday Morning 8 - 11:15 am
Cardiometabolic Health & Weight Management SC	Youth SC	Aging SC	Committee Discussion
Cancer – Primary Prevention SC	Pregnancy Work Group	Promotion of Physical Activity SC	
Exposure SC	Individuals with Chronic Conditions SC	Brain Health SC	



Meeting 5

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

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

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/>