Supporting and Sustaining the
2008 Physical Activity Guidelines for Americans
in State Public Health Agencies
Physical Activity Guidelines for Americans (PAG)

- Inaugural release in 2008
- Science-based guidance for ALL Americans aged 6 and older:
  - Children and adolescents
  - Healthy adults and older adults
  - Women during pregnancy and the postpartum period
  - People with disabilities and chronic conditions
- Guidance for aerobic and non-aerobic activities
- Flexibility in achieving recommendations
PAG Recommendations

Guidelines for Adults

- **Aerobic:** *150 minutes* (2.5 hours) a week of moderate-intensity aerobic activity –OR– *75 minutes* of vigorous-intensity aerobic activity (or an equivalent combination of the two)
- **Muscle Strengthening:** 2 days a week

Guidelines for Children & Adolescents (6-17 y.o.)

- **60 minutes** (1 hour) or more of physical activity daily
  - Aerobic, muscle-strengthening, bone-strengthening
Importance of Physical Activity

- Regular physical activity (PA) is important for people of all ages and abilities
  - Including mothers, children, pregnant and postpartum women
- Improves health, well-being, and quality of life
- Benefits can be seen in generally healthy people, people at risk of developing chronic diseases, and people with current chronic conditions or disabilities
Other Benefits

- Improved cognitive health across the lifespan
- Reduced depression in children and adults
- School and Out-of-School
  - Improves academic achievement, classroom behavior, cognitive skills, concentration, memory
  - Decreased bullying
- Worksite wellness
  - Improved productivity, presenteeism, staff morale
  - Reduced healthcare costs, absenteeism
Physical Inactivity

- Despite well-known benefits, many Americans are not meeting the recommended guidelines
  - 28.7% high school students reported participated in at least 60 minutes of PA on all 7 days prior to survey\(^1\)
  - 51.6% of U.S. adults reported meeting the aerobic guideline, 29.3% met muscle-strengthening guideline\(^2\)

- Racial and ethnic disparities exist

- Barriers faced among people with disabilities

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Economic Impact of Physical Inactivity

- Nationwide cost is estimated at $251 billion in spending each year\(^1\)
  - Additional $257 billion due to excess weight

- Individuals who report not engaging in regular PA have higher average direct medical costs\(^2\)
  - If 88 million inactive, American adults began participating in regular PA $\rightarrow$ up to $76.6$ billion reduction annually (in 2000 dollars) in national medical costs


Guidelines for Adults

- **Aerobic**
  - 150 minutes (2.5 hours) a week of moderate-intensity aerobic activity
  - OR–
  - 75 minutes of vigorous-intensity aerobic activity
  - OR–
  - An equivalent combination of the two

- **Muscle Strengthening**
  - 2 days a week
Additional Information for Adults

- **Aerobic**
  - Minimum duration = 10 minutes
  - Minimum intensity = moderate
  - No specific minimum on frequency
    - Should be spread throughout the week
  - No known upper limit where benefits no longer increase

- **Muscle Strengthening**
  - Moderate or high level of effort
  - Involve all major muscle groups
  - 2 or more days a week
Take Home Messages

- Avoid inactivity
- Medium amounts of aerobic activity = substantial health benefits
- High amounts of aerobic activity = even more health benefits
- Additional health benefits from muscle-strengthening activities
Guidelines for Children and Adolescents (6-17 years old)

- **60 minutes** (1 hour) or more of physical activity daily
  - Aerobic, muscle-strengthening, bone-strengthening

- Activities should be age-appropriate, enjoyable, and varied
Types of Activities for Children & Adolescents

- Aerobic – most of the 60 minutes
  - Should be vigorous intensity at least 3 days a week

- At least 3 days a week:
  - Muscle-strengthening activities
  - Bone-strengthening activities

**No minimum duration**
Physical Activity Guidelines Midcourse Report: Strategies to Increase Physical Activity Among Youth

- Released in March 2013
- Organized around 5 key settings where youth (ages 3-17) live, learn, and play: school, preschool and childcare, community, family and home, and primary care
- Evidence-based practices, emerging evidence, and opportunities for additional research are presented for each key setting
60 Minutes or More a Day
Where Kids Live, Learn, and Play

Inform

Health Care
92% of youth saw a health care provider last year

Preschool
4.2 million youth attend center-based preschools

Community
24 minutes of physical activity are added for youth who walk to school

Youth are 65% more likely to join organized physical activities when encouraged by their parents

School
95% of youth are in school for 6-7 hours per day

Home
Support

Integrate

Physical activity is critical for overall health.
Learn more: www.health.gov/paguidelines

State Examples

- West Virginia
- North Carolina
- Georgia
- Michigan
- Wisconsin
West Virginia

- **Setting:** Statewide
- **Population:** Every societal sector

**What:**
- ActiveWV2015: The West Virginia Physical Activity Plan

**Results:**
- Plan provides critical guidance for state/local policymakers
- Implementation plan focuses on priority areas, strategies, tactics, and messages across 8 sectors
  - Programming at local level, statewide cause marketing, and PA policy advocacy

**Next steps:**
- Web-based portal mapping PA resources
North Carolina

- **Setting:** Schools and community
- **Population:** Children and adults
- **What:**
  - Promoting Physical Activity through Joint Use Agreements in North Carolina
- **Results:**
  - State-specific guidance using local examples to help local districts move from a “handshake” to a legal agreement
  - Guide distributed to all school health advisory committees, district healthful living coordinators, and school administrators
- **Next Steps:**
  - Joint use agreements is a strategy for CTG Project
Georgia

- **Setting:** Schools
- **Population:** Children and adolescents, ages 6-18
- **What:**
  - Georgia SHAPE
- **Results:**
  - 49 partners, nation’s largest network committed to improving the health of Georgia’s young people
  - From 2007-2011, GA moved from 3rd to 17th in number of obese children (declined 5%)
  - In 2012, FITNESSGRAM® data from nearly 1 million students in 182 school districts; indicates more work to be done
- **Next Steps:**
  - Compare year 2 (2012-13) to year 1; measure true progress
**Michigan**

- **Setting:** Community
- **Population:** Older adults
- **What:**
  - EnhanceFitness
- **Results:**
  - Michigan EnhanceFitness network of 69 partner sites (nonprofit and CBOs) offering 83 regularly occurring classes
  - As of April 2013, the EnhanceFitness initiative has reached more than 9,000 participants since 2007
  - Pre- and post-test fitness data shows improvements
- **Next Steps:**
  - Annual partner meeting, centralized data
Wisconsin

- **Setting:** Childcare
- **Population:** Children, ages 2-5
- **What:**
  - Active Early project
- **Results:**
  - Total PA environment improved over 12 months for all Active Early pilot sites
    - Teacher-led physical activity increased significantly from 30.9 min/day at baseline to 82.3 min/day
    - Sedentary time decreased 4.4% and MVPA increased 2.9%
- **Next Steps:**
  - More providers achieving PA point on YoungStar (QI system)
Recommendations for State and Territorial Health Agencies

1. Engage multi-sector, geographically diverse stakeholders to develop a strategic direction for statewide physical activity promotion.

2. Provide state-specific technical assistance and guidance to ensure that programs and policies are implemented with fidelity.

3. Build upon existing successful initiatives to expand those efforts to multiple agencies, as well as private, public, traditional, and non-traditional partners.

4. Leverage cross-sector community partnerships and coalitions to implement evidence-based programs, particularly for special populations (e.g., older adults, people with disabilities, and people with chronic medical conditions).

5. Conduct sector-specific, comprehensive needs assessments to identify the opportunities and barriers to promoting and increasing physical activity.

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**Additional Resources**

- **ASTHO’s PAG website:**
  - [http://www.astho.org/Programs/Prevention/Promoting-Physical-Activity-Guidelines/](http://www.astho.org/Programs/Prevention/Promoting-Physical-Activity-Guidelines/)

- **ASTHO PAG Issue Brief:**

- **Physical Activity Guidelines for Americans:**
  - [www.health.gov/paguidelines](http://www.health.gov/paguidelines)

- **PAG Midcourse Report:**
  - [www.health.gov/paguidelines/midcourse](http://www.health.gov/paguidelines/midcourse)

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