2011 Canadian Physical Activity Guidelines

Information Webinar January 21, 2011

Launch and Official Release:
January 24, 2011
Introduction

Presented by: Audrey, Hicks, PhD, McMaster U., CSEP President

Agenda

• Brief review: background & process
• Developmental Notes
• Introducing the new Canadian Physical Activity Guidelines
• What’s new in the Guidelines
• Going Forward, links to Report and research
Canadian Physical Activity Guides

1998
- for Adults (20-55 years of age)

1999
- Older Adults (>55 years of age)

2002
- Children (6-9 years or age)
- Youth (10-14 years of age)
Figure 1: Canadian Society for Exercise Physiology (CSEP)

Timeline: Updating Canadian Physical Activity Guidelines

- November 2006
- December 2006
- March 2007
- November 2007

Phase 1:
- CSEP hosts ‘Think Tank’
  Halifax, NS

Phase 2:
- CSEP PA Guidelines Steering Committee
  Established
- Working Research Retreat
  Kananaskis, AB
  Twelve reviews, introduction and conclusion papers discussed, debated
- Launch of Foundation Papers, APNM(32:S2)
  CSEP AGM 2007 - London, ON

CSEP | SCPE
The Gold Standard in Exercise Science and Personal Training
Three systematic reviews on evidence for current PA Guidelines commissioned

Systematic Review and AGREE Consultants engaged

Systematic reviews on PA Messaging & Mediators of Behaviour Change commissioned

**International Consensus Conference**
Kananaskis, AB
Evidence presented and debated; recommendations made to modify or reaffirm current PA Guidelines

CPGs for PA for asymptomatic populations Writing Group established

5 Reviews, PA Guidelines Consensus Statement and Methodology Paper submitted for publication
AGREE II assessment done (first time for this topic area)

CSEP Keynote Presentation - PA Guidelines
CSEP 2009 - Vancouver, BC
Evidence Informing Updates to Canada's Physical Activity Guidelines

Edited by Mark Tremblay

Methodology
Process description and evaluation of Canadian Physical Activity Guidelines development
Mark S Tremblay, Michelle E Kho, Andrea C Tricco, Mary Duggan
[Abstract] [Full Text] [PDF] [PubMed] [Related articles]

Review
Advancing the future of physical activity guidelines in Canada: an independent expert panel interpretation of the evidence
Antero Kesäniemi, Chris J Riddoch, Bruce Reeder, Steven N Blair, Thorkild IA Sørensen
[Abstract] [Full Text] [PDF] [PubMed] [Related articles]

Review
Systematic review of the health benefits of physical activity and fitness in school-aged children and youth
Ian Janssen, Allana G LeBlanc
[Abstract] [Full Text] [PDF] [PubMed] [Related articles]

Review
A systematic review of the evidence for Canada's Physical Activity Guidelines for Adults
Darren ER Warburton, Sarah Charlesworth, Adam Ivey, Lindsay Nettlefold, Shannon SD Bredin
[Abstract] [Full Text] [PDF] [PubMed] [Related articles]

Review
Physical activity and functional limitations in older adults: a systematic review related to Canada's Physical Activity Guidelines
Donald H Paterson, Darren ER Warburton
[Abstract] [Full Text] [PDF] [PubMed] [Related articles]

Review
Mediators of physical activity behaviour change among adult non-clinical populations: a review update
Ryan E Rhodes, Leila A Pfafelü
[Abstract] [Full Text] [PDF] [PubMed] [Related articles]

Review
A systematic review of three approaches for constructing physical activity messages: What messages work and what improvements are needed?
Amy E Latimer, Lawrence R Brawley, Rebecca L Bassett
[Abstract] [Full Text] [PDF] [PubMed] [Related articles]
Papers Published as a Thematic Series in IJBNPA
Recommendations Factsheet on CSEP website

CSEP Consensus Meeting
Toronto, ON
New Physical Activity Guidelines drafted

CSEP Meeting: Post-Stakeholder Consultation
Ottawa, ON
Guidelines are Finalized

CSEP Messaging Meeting
Toronto, ON
Public-facing Guidelines’ communications developed

Guidelines Launched to Canadians

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Phase 5: Development of guideline recommendations

The development of the new physical activity guideline recommendations occurred in three steps

1. Draft guidelines
2. Stakeholder consultations
3. Finalize guidelines
Development of the new Canadian Physical Activity Guidelines

- Canadian work informed the new WHO Global Physical Activity Recommendations and the U.K. Physical Activity Guideline revisions (*in press*)
- Involvement and input from over 1000 Canadian and international content experts, fitness/health/medical/education professionals, stakeholder and partner organizations, and communication experts
Development of the new Canadian Physical Activity Guidelines

• Guided by expert consultants in concert with content experts
• 21 published papers (including 5 systematic reviews)
• 3 papers submitted for publication
New Canadian Physical Activity Guidelines

Children (5-11 years) and Youth (12-17 years)
Adults (18-64 years)
Older Adults (65 years and older)
Children (5-11 years) and Youth (12-17 years)

GUIDELINES

• For health benefits, children aged 5-11 years and youth aged 12-17 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include:
  
  o Vigorous-intensity activities at least 3 days per week.
  o Activities that strengthen muscle and bone at least 3 days per week.

• More daily physical activity provides greater health benefits.
Adults (18-64 years)

GUIDELINES

• To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.

• It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

• More physical activity provides greater health benefits.
Older Adults (65 years and older)

GUIDELINES

• To achieve health benefits and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.

• It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

• Those with poor mobility should perform physical activities to enhance balance and prevent falls.

• More physical activity provides greater health benefits.
Preamble: Adults (18-64 years)

PREAMBLE
These guidelines are relevant to all apparently healthy adults aged 18-64 years, irrespective of gender, race, ethnicity or socio-economic status. Adults are encouraged to participate in a variety of physical activities that are enjoyable and safe.

Adults can meet these guidelines through planned exercise sessions, transportation, recreation, sports or occupational demands, in the context of family, work, volunteer and community activities. This should be achieved above and beyond the incidental physical activities accumulated in the course of daily living.

Following these guidelines can reduce the risk of premature death, coronary heart disease, stroke, hypertension, colon cancer, breast cancer, type 2 diabetes and osteoporosis and improve fitness, body composition and indicators of mental health. The potential benefits far exceed the potential risks associated with physical activity.

These guidelines may be appropriate for those who are pregnant, have a disability or have a medical condition; however, they should consult a health professional to understand the types and amounts of physical activity appropriate for them.

For those who are physically inactive, doing amounts below the recommended levels can provide some health benefits. For these adults, it is appropriate to start with smaller amounts of physical activity and gradually increase duration, frequency and intensity as a stepping stone to meeting the guidelines.
Why Are New Guidelines Needed?

• Explosion of new research in recent years
• Old guidelines were out-of-date
• Evidence to support more specific recommendations
• Some age ranges missing with old guidelines
• More robust guideline development processes now
• Inactivity crisis deserves up-to-date guidelines
What’s New in the Guidelines?
Children (5-11 years)
and Youth (12-17 years)

• Inclusion of all school-aged children and youth
• Recommendation for 60 minutes of moderate- to vigorous-intensity physical activity per day
What’s New in the Guidelines? Adults (18-64 years)

- Revised age range (18 to 64 years)
- Recommendation for 150 minutes of moderate- to- vigorous-intensity aerobic physical activity per week
What’s New in the Guidelines?
Older Adults (≥65 years)

- Revision of age range (≥65 years)
- Recommendation for 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week
The New Physical Activity Guidelines

Are evidence-based:

• based on systematic reviews of the best available evidence following a rigorous and transparent scientific process.

• are consistent with the previous Canadian guidelines that “more is better”.

• the new guidelines presented should be viewed as a minimal target.
The New Physical Activity Guidelines

Are evidence-based:

• The previous guidelines are not what many think.

• For example, the common perception is that the previous child guidelines were 90 minutes of moderate- to vigorous-intensity physical activity per day when in fact they were a progression from 0-90 minutes a day, resulting in 60 minutes of moderate and 30 minutes of vigorous physical activity per day and a commensurate decrease of 90 minutes of sedentary behaviour per day.
The New Physical Activity Guidelines

*Are realistic and achievable:*

- Using the previous child and youth guidelines as an example, we have no surveillance data in Canada to assess progressive changes in physical activity behaviours among Canadians. Even if we did, it is unlikely that a single Canadian child would meet this guideline when assessed with objective measures (Colley et al., 2011) making such a guideline of questionable value.

- Having guidelines that are unattainable to the vast majority of the population risks disenfranchising those who would benefit the most from an increase in physical activity.
The New Physical Activity Guidelines

*Are endorsed by expert groups and consistent with other jurisdictions:*

- The majority stakeholder respondents ‘completely agreed’ or ‘agreed’ with the proposed preamble and guideline for all age groups (90.2%, 88.7% and 89.7% for children and youth, adults, and older adults respectively).

- Are consistent and harmonized with other recent Physical Activity Guidelines based on the same evidence.

- Are accepted by the Canadian Cardiovascular Harmonization of National Guidelines Endeavour (C-CHANGE).
Dissemination

Promotion and dissemination plans in place in partnership with ParticipACTION and others.

**Online on January 24th:**

- Official Guidelines and Guideline Development Report
- Information Sheets for Children (5-11), Youth (12-17), Adults (18-64) and Older Adults (≥65)
- Web-based content (expanding on the Info Sheets)
- Backgrounder, Q&A’s
- Additional information materials on Public Health Agency of Canada website
Dissemination

Promotion and dissemination plans in place in partnership with ParticipACTION and others.

*In the months following January 24th:*

- Additional supporting materials and tools
- Published papers in peer-reviewed Journals
- Presentations at conferences, symposia
- Integration with Canadian Sedentary Behaviour Guidelines
Going Forward

Gap areas identified – more work to be done:

• Preschool physical activity guidelines
• Guidelines for Canadians with chronic disease
• Guidelines for Canadians with a disability
• Tailored Guidelines for First Nations, Inuit and Métis
• Guidelines for pregnant women
• Sedentary behaviour guidelines for all age groups
Questions?