An Update on 2011 Canadian Physical Activity Guidelines for Children (5-11 Years) and Youth (12-17 Years), Adults (18-64 Years), and Older Adults (≥65 Years)

The Canadian Society for Exercise Physiology (CSEP) has prepared this newsletter to inform stakeholders and members of activities leading up to the planned launch of the new Canadian Physical Activity Guidelines in late January.


**Overview: Guidelines Development**

In September 2010, the CSEP held a 2.5 day consensus meeting with the CSEP Physical Ac-
and in-person consultations with stakeholders (described in the accompanying article) to prepare for this launch date.

- While there have been changes to the Guideline development process, CSEP is moving forward with launching the new Guidelines on January 24th.

- To support the launch, CSEP will be creating online tools that communicate Guideline information for the target audiences and essential tools for NGO stakeholders to answer any questions related to the new Guidelines. The intention is to create more tools with the support and input of stakeholders.

- It is CSEP’s intention to share available online tools with stakeholders prior to the launch.

- There has been a new development: CBC will be releasing a media story on January 3rd that will mention the new Guidelines. This is another opportunity to bring attention to the guidelines that will be fully launched on January 24th.

- CSEP will be in touch from time to time over the next month to provide additional updates.

If you have questions regarding the Guidelines or the upcoming launch, please email:

GUIDELINES@CSEP.CA

tivity Measurement and Guidelines Steering Committee, systematic review authors, content experts, health care professional and partner organizations to draft the recommendations for the new physical activity guidelines.

The resulting product for each age group was a preamble to explain the guidelines and provide context, followed by the guidelines themselves.

**Stakeholder Consultation**

Based on the evidence and recommendations presented in the systematic reviews and the draft guidelines prepared at the September 2010 consensus meeting, feedback was also sought through a wide range of stakeholders interested in physical activity and health promotion by both CSEP and the Public Health Agency of Canada (PHAC). This included national and international content experts, health professionals, government and non-governmental organizations, teachers, and caregivers. Stakeholders were also encouraged to share the CSEP survey with their peers and colleagues to further expand the consultation base.

The consultation was completed through a series of online and in-person consultations. The CSEP online survey consisted of 14 questions about the wording and agreement for the proposed physical activity guidelines, and the associated preambles for children and youth, adults, and older adults. Results of the online Survey can be consulted here: http://www.csep.ca/english/view.asp?x=879.

While the CSEP online surveys were being completed, the PHAC held eight in-person consultations across Canada. These meetings were designed so that stakeholders and scientists could discuss and debate the proposed guide-
lines. Subsequently, PHAC completed a separate online process to ask stakeholders, government departments, educators, and health and fitness leaders about concerns and questions they had regarding the new guidelines as well as any suggestions they may have to disseminate them. Over 800 people responded to this survey. The large majority of respondents felt comfortable with the process used to develop the new Physical Activity Guidelines, though many highlighted the need to further translate these scientific guidelines into simple messages for dissemination and utilization by the public.

Finalization of the Guidelines
In early November 2010, the CSEP reconvened the Physical Activity Measurement and Guidelines (PAMG) Steering Committee to address the concerns and comments raised through all of the stakeholder consultations and revised the guidelines accordingly. A follow-up meeting was held by the PAMG Steering Committee that included behavioural scientists, communications and public relations experts, and government representatives, to draft the simplified messages to communicate the new Guidelines to Canadians.

Next issue: January 10, 2011

The 2011 Canadian Physical Activity Guidelines were informed by the Appraisal of Guidelines for Research Evaluation (AGREE) II instrument (www.agreetrust.org), the international standard for clinical practice guideline development. Thus, the guidelines have gone through a rigorous and transparent developmental process; the recommendations are based on evidence from 3 systematic reviews, and the final guidelines benefitted from an extensive on-line and in-person consultation process with hundreds of stakeholders and key informants, both domestic and international. Since 2006, the products of our efforts resulted in the completion of 21 peer reviewed journal articles (including 5 systematic reviews). The process that Canadian researchers undertook to update national physical activity guidelines (see Figure 1 on page 4) represents the most current synthesis, interpretation, and application of the scientific evidence to-date.
Timeline: Updating Canadian Physical Activity Guidelines

**NOVEMBER 2006**
- CSEP hosts 'Think Tank'
  
  Halifax, NS

**DECEMBER 2006**
- CSEP PA Guidelines Steering Committee Established

**MARCH 2007**
- Working Research Retreat
  
  Kananaskis, AB

- Twelve reviews, introduction and conclusion papers discussed, debated

**NOVEMBER 2007**
- Launch of Foundation Papers, APNM(32:S2)
  
  CSEP AGM 2007 - London, ON

**JANUARY 2008**
- Three systematic reviews on evidence for current PA Guidelines commissioned

**MARCH 2008**
- Systematic Review and AGREE
  
  Consultants engaged

**MARCH 2008**
- Systematic reviews on PA Messaging & Mediators of Behaviour Change commissioned

**JANUARY 2009**
- International Consensus Conference
  
  Kananaskis, AB

- Evidence presented and debated; recommendations made to modify or reaffirm current PA Guidelines

**MARCH 2009**
- CPGs for PA for asymptomatic populations Writing Group established

**JULY 2009**
- 5 Reviews, PA Guidelines Consensus Statement and
  
  Methodology Paper submitted for publication

- AGREE II assessment done (first time for this topic area)

**NOVEMBER 2009**
- CSEP Keynote Proclamation
  
  CSEP 2009 - Vancouver, BC

**MAY 2010**
- Papers Published as a Thematic Series in JBNPA
  
  Recommendations Factsheet on CSEP website

**SEPTEMBER 2010**
- CSEP Consensus Meeting
  
  Toronto, ON

- New Physical Activity Guidelines drafted

**NOVEMBER 2010**
- CSEP Meeting: Post-Stakeholder Consultation
  
  Ottawa, ON

- Guidelines are Finalized

**NOVEMBER 2010**
- CSEP Messaging Meeting
  
  Toronto, ON

- Public-facing Guidelines' communications developed

**JANUARY 2011**
- Guidelines Launched to Canadians

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