



Meeting 3

Committee Discussion



Meeting 3

Transition from Youth to Adult Guidelines

Lead: Kathy Janz

Members: Wayne Campbell, Peter Katzmarzyk, Ken Powell

Experts and Consultants

None.

Working Group Discussion

- Is the current target for physical activity for adults appropriate for young adults?
 - Target should be informed by amount needed for ***healthy development*** and ***disease prevention***.
 - Hybrid of targets for youth and adults.
 - Recognize physical activity likely to influence weight gain, metabolic health, brain health, & bone health during this period.
 - Recognize multiple, unique contextual changes during this period including independent living, increased responsibility, access and expectations for PA.

Strategy

- Work with existing subcommittees to identify studies where PA (exposure) is age stratified to include adults between 18 to 34 yr.
 - Tentative range.
- Decide if the amount and strength of this literature would warrant comment in the advisory report perhaps as an emerging topic.



Meeting 3

Pregnancy

Lead: Ken Powell

Members: Loretta DiPietro

Experts and Consultants



Phone calls with outside experts:

1. Kelly Evenson, PhD, Professor, University of North Carolina
2. James Pivarnik, PhD, Professor, Michigan State University
3. Lisa Chasan-Tabor, ScD, Professor, University of Massachusetts

Experts and Consultants



Consultant:

Kelly Evenson, PhD, Research Professor,
University of North Carolina

Specializes in physical activity
epidemiology with a special interest in
physical activity and pregnancy

Status Report

No new literature search required.

Draw upon information from 3 documents:

1. 2008 PAGAC Report
2. ACOG Committee Opinion No. 650. *Physical activity during pregnancy and the postpartum period*. *Obstet Gynecol* 2015;126:135-42.
3. Da Silva, et al. *LTPA in pregnancy and maternal-child health: A systematic review and meta-analysis of RTCs and cohort studies*. *Sports Med* 2017;47:295-317.

Next Steps



- Fill in gaps
- Provide quantitative estimates of size of benefits
- Search for more information about dose



Meeting 3

Fitness

Lead: Bill Kraus

Members: Kirk Erickson, Kathy Janz, Russ Pate, Ken Powell

Experts and Consultants



- Invited experts: None
- Consultants: William L. Haskell, Ph.D.,
FACSM
Stanford University

Fitness Working Group Mission



- To consider the role of physical fitness in PAGAC 2018 report and guidelines
 - What is fitness?
 - How do we measure it?
 - Its role as an exposure, mediator or outcome of the benefits of exercise on human health.

Next Steps

- Consultation with PAGAC on current conclusions and next steps.



Meeting 3

Question Prioritization

2018 PAGAC Co-Chairs

Abby King & Ken Powell

Summary of recent discussions

1. Reviewed status and progress of current list of questions to be addressed
2. Reconsidered public health value of current list of questions and other potential questions
3. Considered available resources
 - a) Committee members
 - b) Contract with ICF
 - c) (Federal staff – not discussed, indefatigable)

Summary of recent discussions



1. Content with questions determined to be most important in October
 - a) Most important issues from a public health perspective
 - b) Work load challenging but doable

Summary of recent discussions



1. Brain Health subcommittee to address PA and sleep if possible.
2. Weight gain during pregnancy and weight loss after pregnancy will be addressed by the pregnancy work group.



Meeting 3

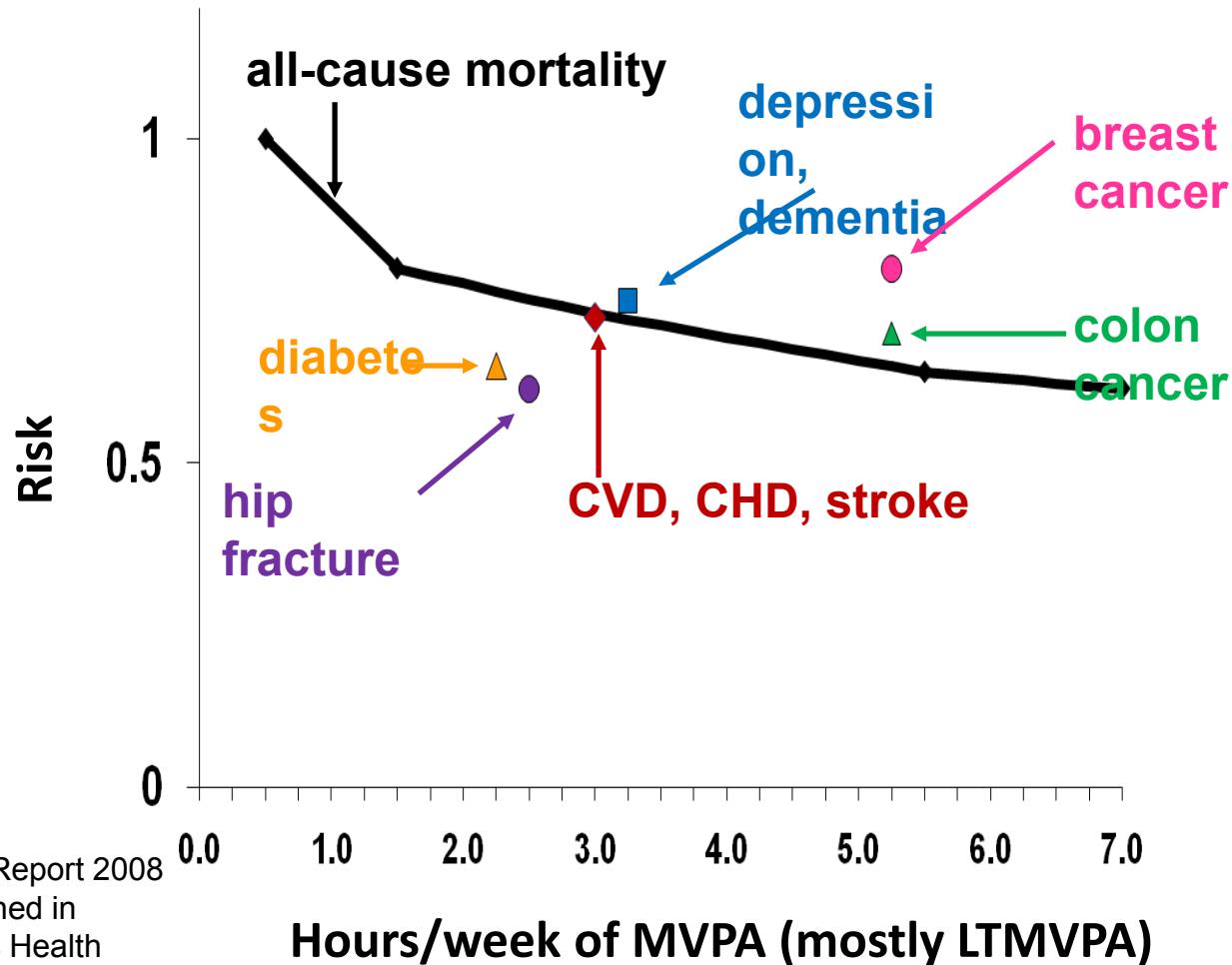
Additional Dose-Response Discussion

Ken Powell, MD, MPH

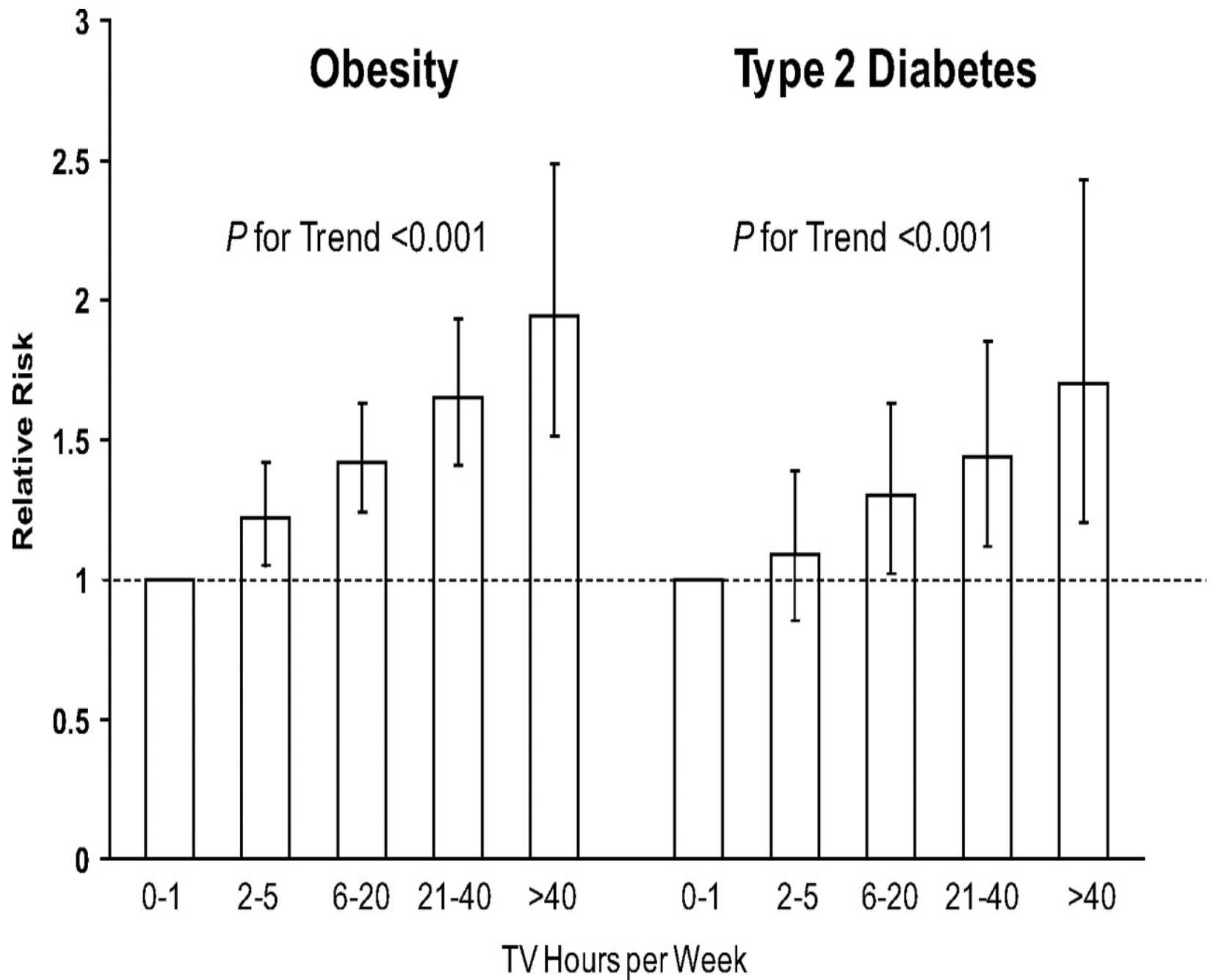
Dose-related Topics

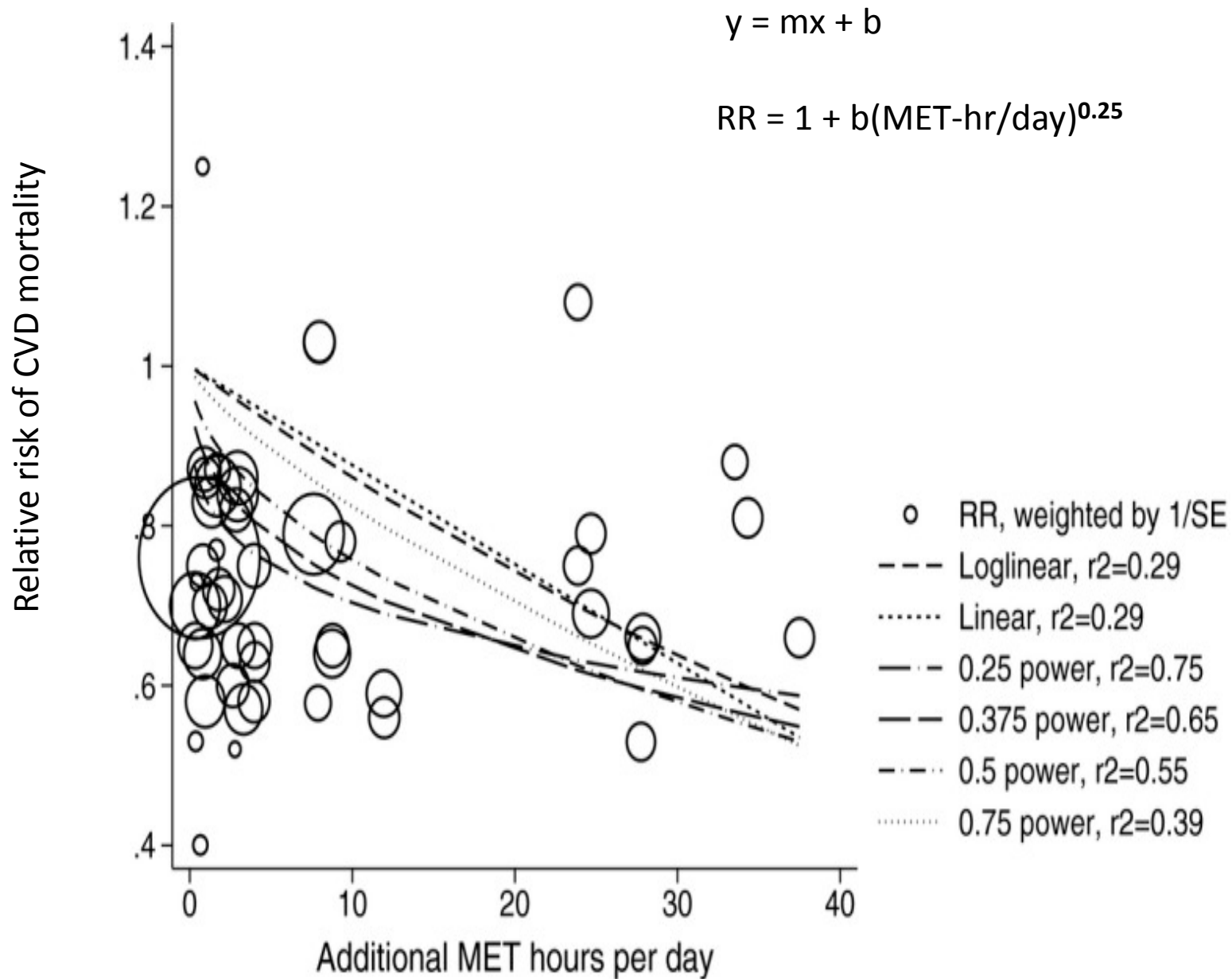
1. Putting a point on the figure
2. Threshold or no
3. Straight or curved line
4. Incubation period

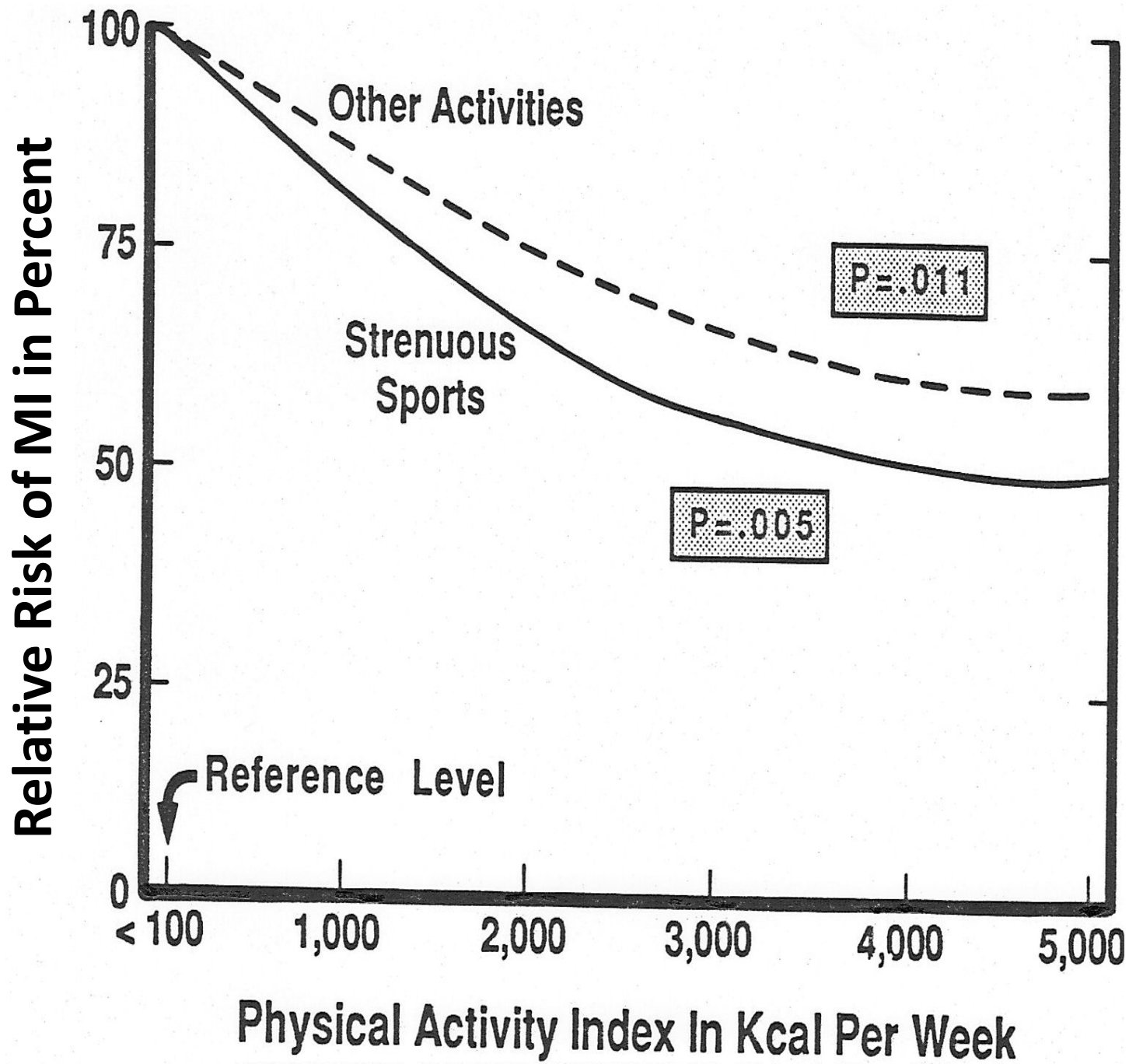
Interpreting dose-response curves



Data from PAGAC Report 2008
Figure published in
Ann Rev Public Health
2011;32:349-365

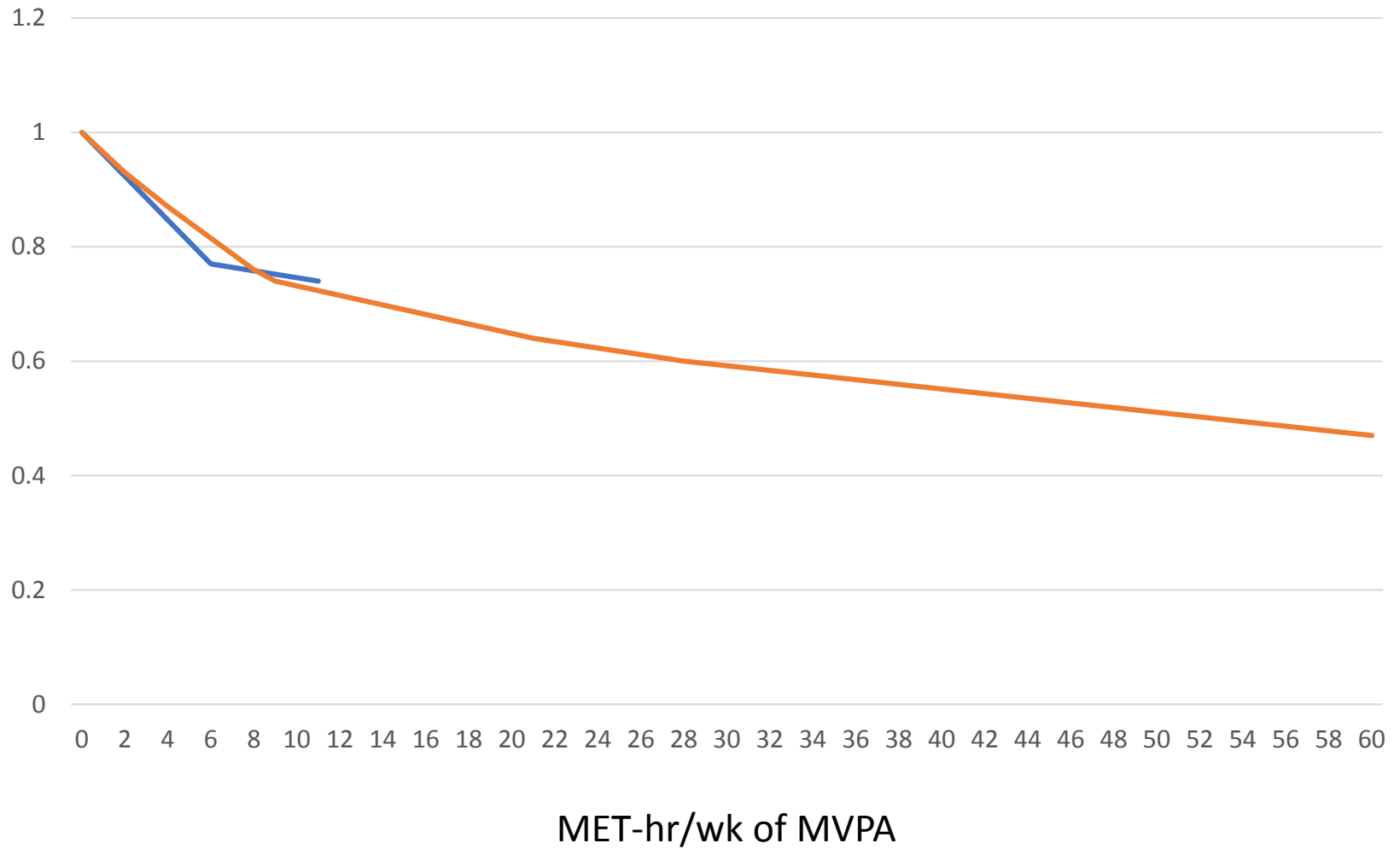






Paffenbarger
AJE 1978

Diabetes



Exposure  **Outcome**

Exposure → Outcome

Incubation period



Meeting 3

Meeting Adjourned

Richard D. Olson, MD, MPH

Designated Federal Officer