

The Evolution of National and Global Physical Activity Guidelines

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Event: 8th ISPAH Congress 2020

Topic: Epidemiology (Physical activity, Sedentary behaviour)

Keywords: physical activity, sedentary behaviour, guidelines, advocacy

Purpose: The purpose of this symposium is to compare and contrast the most recent national and global physical activity guidelines.

Description: Over the last few years, several countries have developed and released new physical activity guidelines. In addition, The World Health Organization has recently updated their global recommendations on physical activity. While these recent public health guidelines share several commonalities, there are some key differences. These differences can be explained by differences in the development processes, target audiences, stakeholder engagement, and the role of the expert advisory committees in drafting the final recommendations.

Chair: Peter T. Katzmarzyk, Pennington Biomedical Research Center, Baton Rouge, LA, USA

Presenter 1: Abby King, PhD, Stanford University, Stanford, CA, USA

Development and Scientific Foundation of the Physical Activity Guidelines for Americans, 2nd Edition

Presenter 2: Charlie Foster, OBE, University of Bristol, Bristol, UK

Development and Scientific Foundation of the UK Chief Medical Officers' Physical Activity Guidelines

Presenter 3: Robert Ross, PhD, Queens University, Kingston, ON, Canada

Development and Scientific Foundation of the Canadian 24-Hour Movement Guidelines for Adults and Older Adults

Presenter 4: Emmanuel Stamatakis, PhD, The University of Sydney, Sydney, NSW, Australia

Development and Scientific Foundation of the WHO Guidelines on Physical Activity and Sedentary Behaviour for Children and Adolescents, Adults and Older adults

Results: This symposium will present recent physical activity guidelines developed by the United States, United Kingdom, Canada, and the World Health Organization. The presentations will outline the guideline development processes, identify key differences among the guidelines, and explore reasons for these differences. Although all of these guidelines share several core features, there are some differences related to the way in which sleep and sedentary behavior were integrated into the guidelines, as well as differences in the way that the recommended dose and intensity of physical activity is expressed.

Conclusions: This symposium addresses several issues related to the congress themes, including epidemiology, the 24-hour paradigm, knowledge translation, and advocacy. Attendees of this symposium will understand the key elements of recent physical activity guidelines, key differences across countries, and reasons for these differences.