

UK physical activity guidelines: Draft review and recommendations for Sedentary Behaviour (5yrs-older adults)

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Current CMO 2011 Recommendations

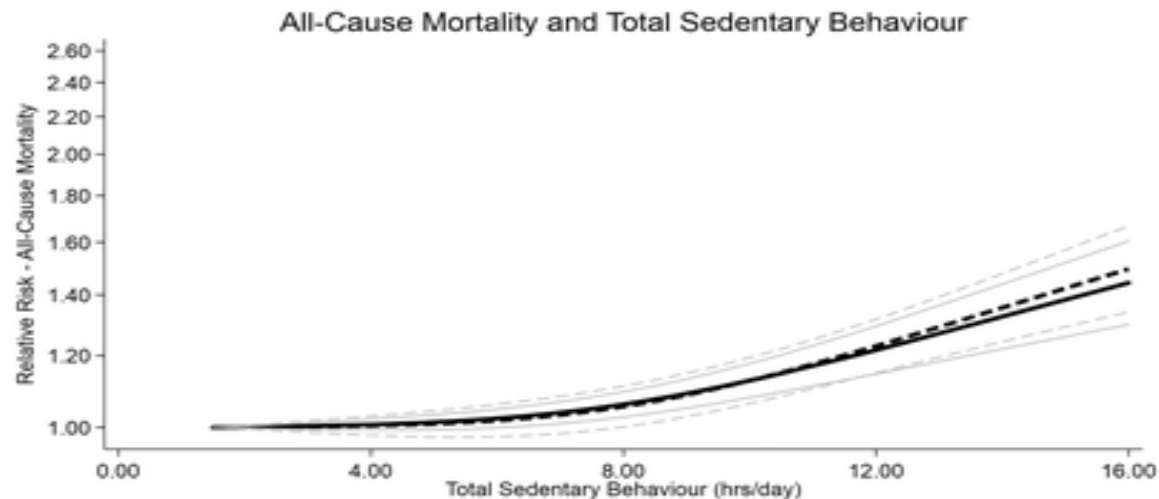
- Novelty in 2011: new guidelines on sedentary behaviour
- All children and young people (5-18yrs)/adults (19-64yrs)/older adults (65+yrs) should minimise the amount of time spent being sedentary (sitting) for extended periods

Does the scientific evidence continue to support the current Sedentary Behaviour Guidelines?

- In all age groups there is an increasing evidence base
 - particularly regarding associations between sedentary behaviour and cancer
 - increasing number using accelerometry, exploring the influence of aspects of daily living over 24 hours, describing dose-response relationships
- Limitations include
 - control of confounders, predominance of self-report, generalisability
- Overall, observational data do not support any significant changes to existing guidance

What were the key issues for the EWG consideration?

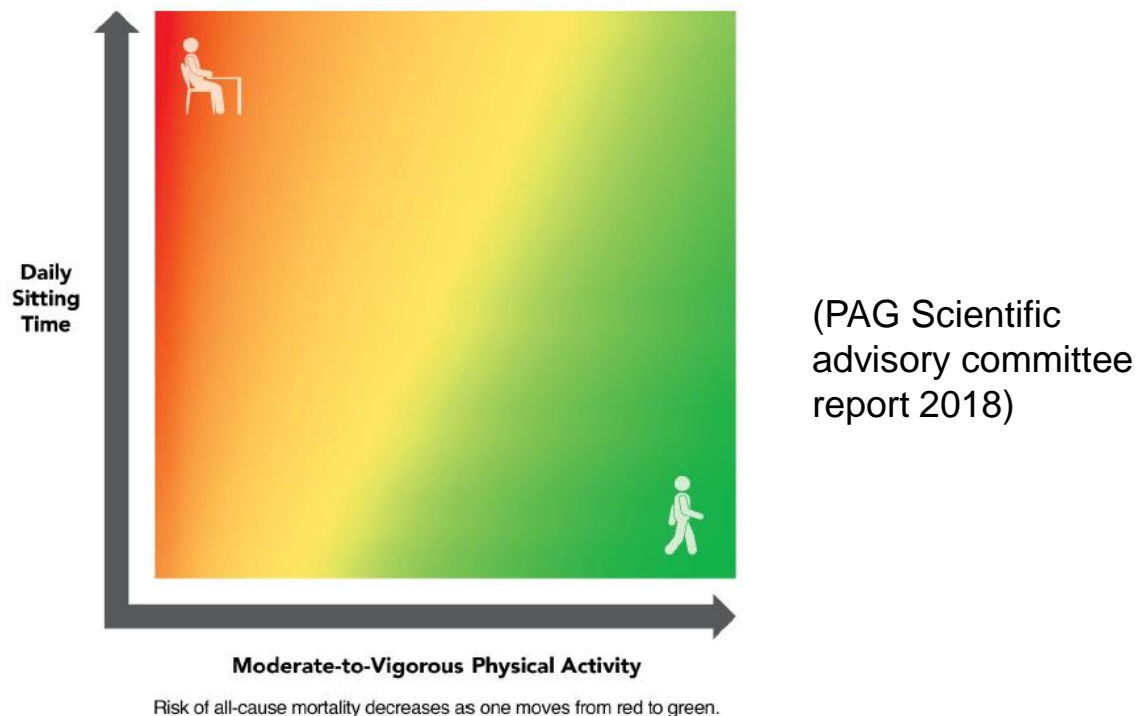
- Is there a volume of sedentary time over which risk is increased?
 - Meta-analyses demonstrate a dose-response relationship but thresholds cannot be unequivocally recommended



Patterson et al. 2018
Eur J Epidemiol

What were the key issues for the EWG consideration?

- Is sedentary behaviour an independent risk factor?
 - Both increasing physical activity and reducing sedentary time are important



What were the key issues for the EWG consideration?

- Can we quantify the frequency/duration/intensity of interruptions in sedentary time for health benefit?
 - Epidemiological evidence is inconsistent; very limited evidence of long term health benefit
 - Breaking sedentary behaviour at least twice per hour is supported by experimental evidence; but no evidence for long term outcomes

Draft Recommendations for CMOs Sedentary Behaviour guidelines

- “.....minimise the amount of time spent being sedentary (sitting) for extended periods, **for example try not to sit for more than half an hour without getting up and moving around.**”

Suggested revision after first SCM

- “.....minimise the amount of time spent being sedentary (sitting) for extended periods; **try to get up and move around as frequently as possible**”