

Physical Activity: Policy Update

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Overview

- International Context
- Older People
- Future Directions - Opportunities

International context

- Key Documents:
 - Physical Activity and Health: A Report of the Surgeon General (1996)
 - Global Strategy on Diet, Physical Activity and Health (2004)
 - World Cancer Research Fund: Global Perspective (2007)
 - Interventions on Diet and Physical Activity: What Works (2009)
 - Global Health Risks: Mortality and burden of disease attributable to selected major risks (2009).

Asia Pacific Physical Activity Network
www.ap-pan.org





National Context

- National Physical Activity Guidelines
 - Adults
 - Children & Young People (5-18 year olds)



Physical Activity Guidelines under development:

- Older People



Regular Physical Activity

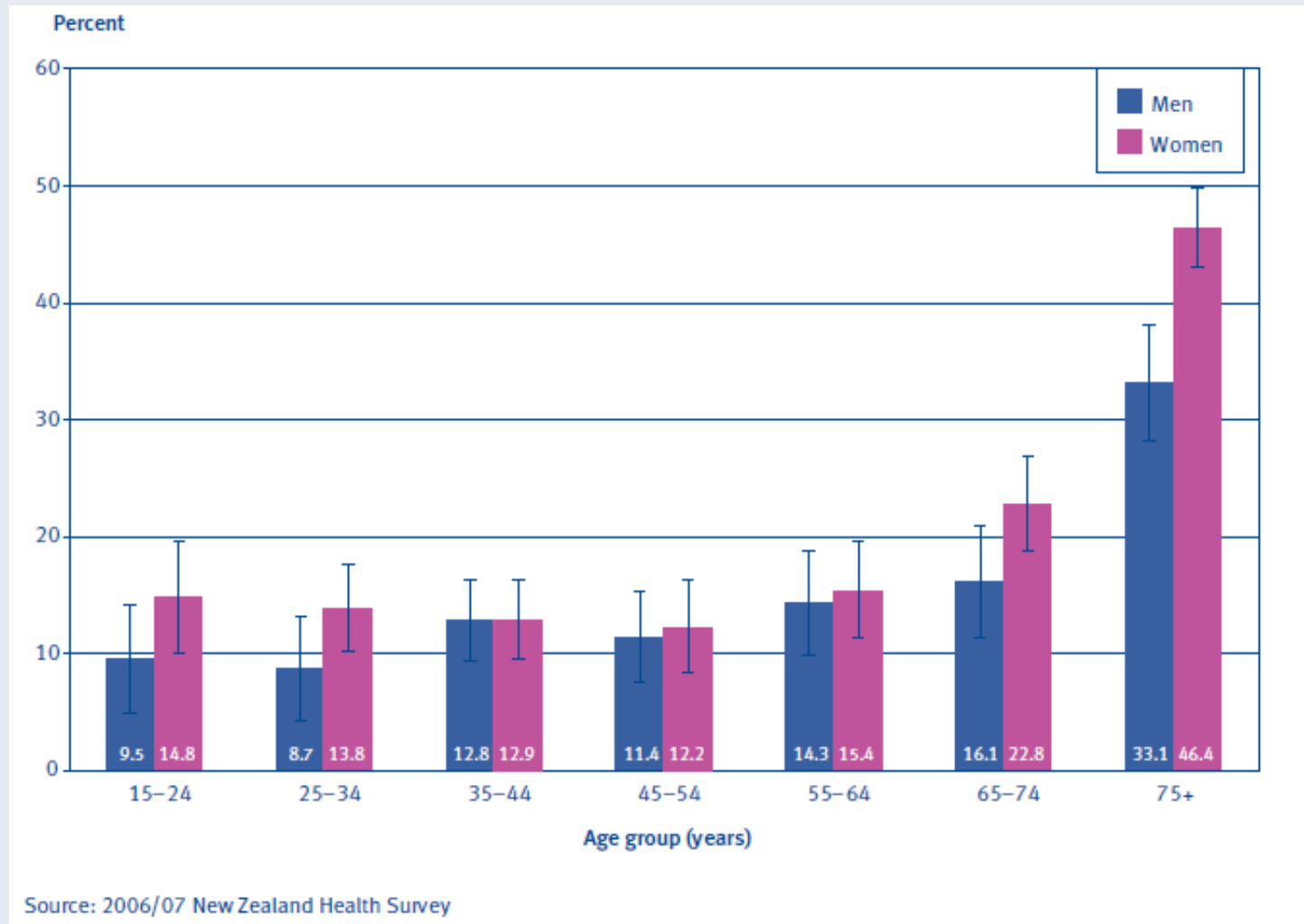
- The prevalence of regular physical activity
 - Declined in the over 65 year age group for women
 - Declined in the over 75 year age group for men.

Source 2006/07 New Zealand Health Survey

Sedentary behaviour

- Activities that do not increase energy expenditure substantially above the resting level
- Energy expenditure at the level of 1.0-1.5 metabolic equivalents (METs)
- NZHS – Sedentary was defined as reporting less than 30 minutes of physical activity per week.

Sedentary behaviour for adults, by age group and gender



Health and Wellbeing Outcomes:

- Maintaining or improving physical function and independent living
- Improving quality of life
- Building and maintaining healthy bones, muscles and joints, & reducing risk of falls
- Reducing the risk of disease.

Modes of Physical Activity

- Aerobic
- Resistance
- Balance
- Flexibility.

Guidelines for Promoting Physical Activity to Older People

- Evidence-informed policy advice on physical activity
- Achieving and maintaining the best possible health
- Specific New Zealand context
- Provides guidance to support health practitioners and physical activity professionals.

Guidelines for Promoting Physical Activity to Older People Timeframes

- Review of literature and existing international physical activity guidelines
 - Request for Proposal – December 2009
- Draft for consultation.

Future Directions

- Committed to increasing physical activity and addressing unhealthy weight
- New Opportunities
 - Leadership in physical activity
 - New data from the Children and Young Peoples Nutrition and Physical Activity Survey
 - Unhealthy weight – nutrition and physical activity priority actions
 - Rangatahi Māori Physical Activity Programme
 - At-risk youth – physical activity intervention
 - Green Prescriptions
 - Prevention and Management of Overweight and Obesity.

Questions?

Thank-you