

Promoting Physical Activity to Reduce Chronic Disease: Resources from the Physical Activity Guidelines and the Move Your Way® Campaign

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Outline

- The Science Behind the Guidelines
- The Physical Activity Guidelines, 2nd edition
- How to Communicate the Guidelines – the Move Your Way® Campaign



The Science Behind the Physical Activity Guidelines

Development and Implementation Process



PAG = Physical Activity Guidelines

PAGAC = Physical Activity Guidelines Advisory Committee

2018 Physical Activity Guidelines Advisory Committee

Subcommittees and Work Group

- Aging
- Brain Health
- Cancer – Primary Prevention
- *Cardiometabolic Health & Weight Management
- Exposure
- *Individuals with Chronic Conditions
- Promotion of Physical Activity
- Sedentary Behavior
- Youth
- Pregnancy Work Group

Evidence Grading Criteria

Criteria	STRONG	MODERATE	LIMITED	NOT ASSIGNABLE
Applicability	Study populations, exposures, and outcomes are directly related to the question	Some of the study populations, exposures, or outcomes are directly related to the question	Most of the study populations, exposures, and outcomes relate to the question indirectly	All of the study populations, exposures, and outcomes relate to the question indirectly
Generalizability (to the US population of interest)	Studied population, exposure, and outcomes are free from serious doubts about generalizability	Minor doubts about generalizability	Serious doubts about generalizability due to narrow or different study population, exposure, or outcomes studied	Highly unlikely that the studied population, exposure, and/or outcomes are generalizable to the US population
Risk of bias or study limitations (as determined by NEL BAT and/or AMSTAR_{EXBP})	Studies are of strong design; free from methodological concerns, bias, and execution problems	Studies are of strong design with minor methodological concerns OR studies of weaker study design	Studies of weak design OR inconclusive findings due to design flaws, bias, or execution problems	Serious design flaws, bias, or execution problems across the body of evidence
Quantity and Consistency (of the results across the available studies)	Many studies have been published and the results are highly consistent in direction and approximate size of effect	A moderate number of studies have been published with some inconsistency in direction or size of effect	Few studies have been published with some inconsistency in direction or size of effect	Findings are too disparate to synthesize OR single small study unconfirmed by other studies
Magnitude and precision of effect	The magnitude and precision of the estimated effect provide considerable confidence in the accuracy of the findings	The magnitude and precision of the estimated effect provide confidence in the accuracy of the findings	The magnitude and precision of the estimated effect provide some but not a lot of confidence in the accuracy of the findings	Magnitude and precision of effect cannot be determined

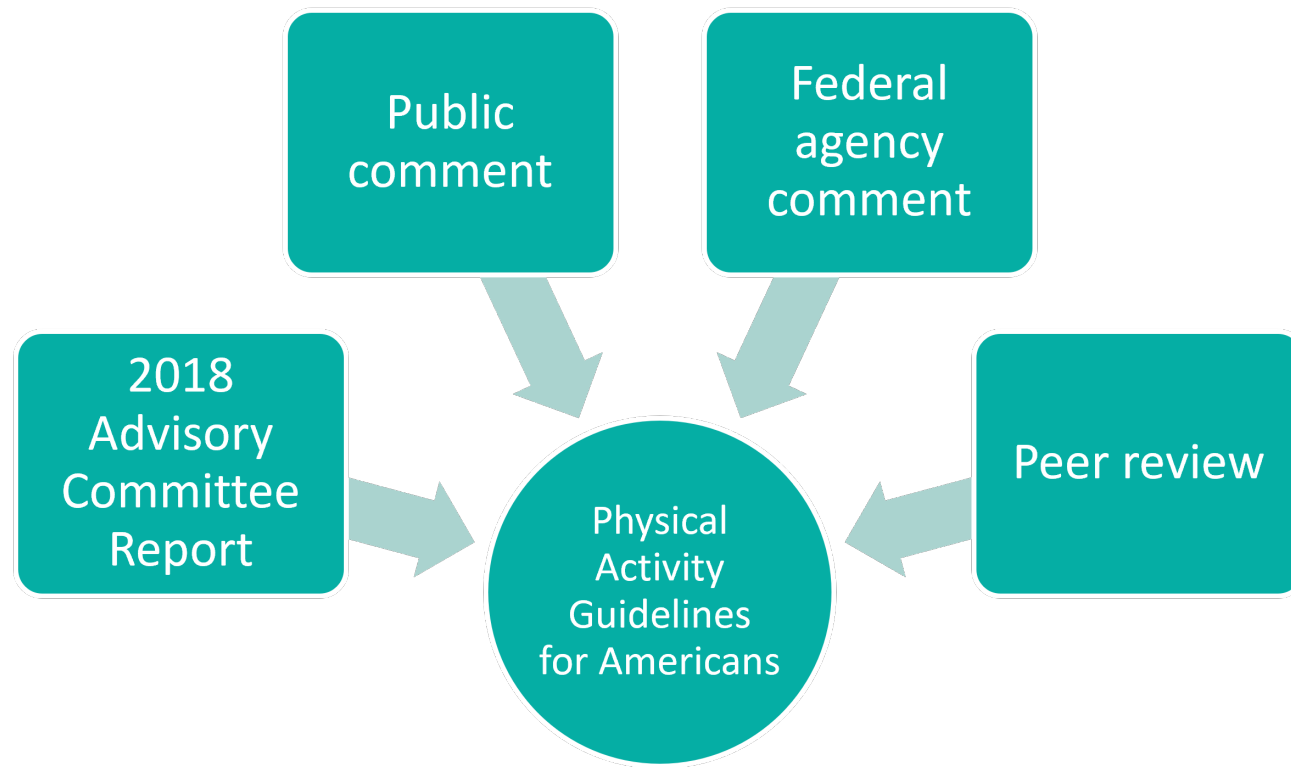
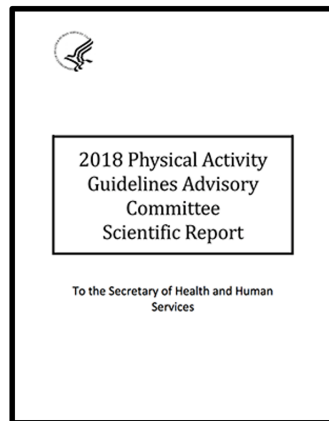
PAGAC Conclusion Statements on Diabetes Prevention

- Strong evidence demonstrates a significant relationship between a higher volume of physical activity and lower incidence of type 2 diabetes. **PAGAC Grade: Strong.**
- Strong evidence demonstrates that an inverse curvilinear dose-response relationship exists between the volume of physical activity and incidence of type 2 diabetes, with a decreasing slope at higher levels of physical activity. **PAGAC Grade: Strong.**
- Moderate evidence indicates no effect modification by weight status. An inverse relationship exists between a higher volume of physical activity and lower incidence of type 2 diabetes for people who have normal weight, overweight, or obesity. **PAGAC Grade: Moderate.**

PAGAC Conclusion Statements on Diabetes Management

- Strong evidence demonstrates an inverse association between volume of physical activity and risk of cardiovascular mortality among adults with type 2 diabetes. PAGAC Grade: Strong.
- Strong evidence demonstrates an inverse association between aerobic activity, muscle-strengthening activity, and aerobic plus muscle-strengthening activity with risk of progression among adults with type 2 diabetes, as assessed by overall effects of physical activity on four indicators of risk of progression: glycated hemoglobin A1C, blood pressure, body mass index, and lipids. PAGAC Grade: Strong.
- Moderate evidence indicates an inverse, curvilinear dose-response relationship between physical activity and cardiovascular mortality among adults with type 2 diabetes. PAGAC Grade: Moderate.
- Moderate evidence indicates an inverse dose-response relationship between volume of aerobic activity and two indicators of risk of progression—blood pressure and hemoglobin A1C—among adults with type 2 diabetes. PAGAC Grade: Moderate.
- Moderate evidence indicates that the effects of physical activity on the disease progression indicator of blood pressure are larger in hypertensive individuals with type 2 diabetes than in those without hypertension. Similarly, moderate evidence indicates that the effects of physical activity on the disease progression indicator of hemoglobin A1C are larger in individuals with type 2 diabetes who have higher levels of hemoglobin A1C than in those with lower hemoglobin A1C. PAGAC Grade: Moderate.

Developing the Guidelines



Physical Activity Guidelines for Americans, 2nd edition

Physical Activity Guidelines for Americans, 2nd edition Outline

- Expanded science base
 - Discussion of sedentary behavior
 - Removal of bout length requirement
- Health benefits
 - Evidence for even more health benefits – including immediate effects
- Key guidelines
- Tested strategies for physical activity promotion

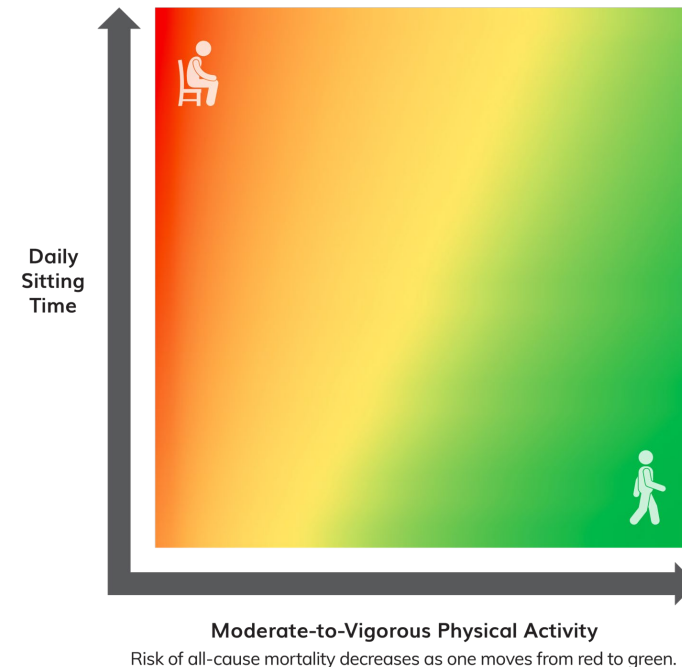


Move More and Sit Less

Sedentary behavior increases risk of:

- All-cause mortality
- Cardiovascular disease mortality
- Cardiovascular disease
- **Type 2 diabetes**
- Colon, endometrial, and lung cancers

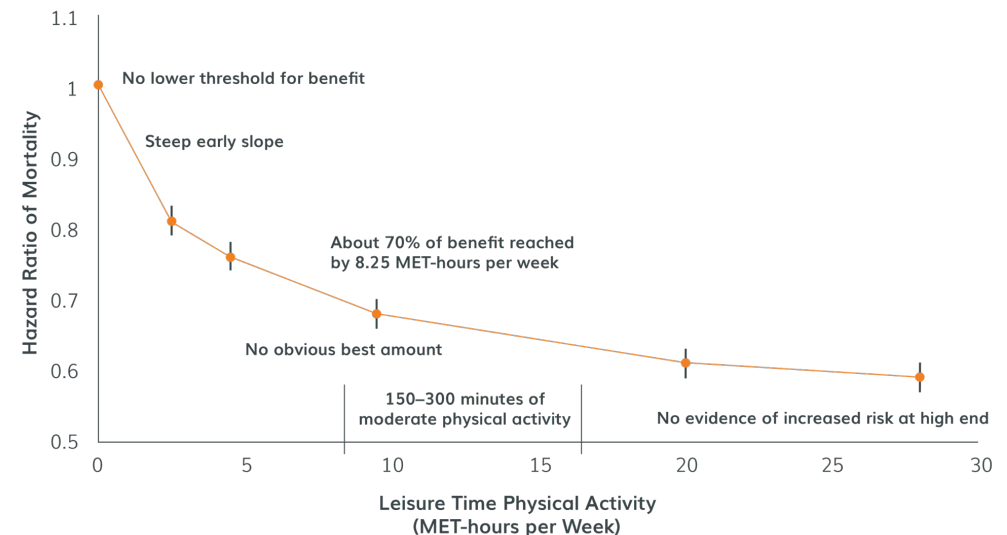
Relationship Among Moderate-to-Vigorous Physical Activity, Sitting Time, and Risk of All-Cause Mortality in Adults



Any Activity Counts

- No lower threshold for benefits from physical activity
- Most benefits are attained with at least 150-300 minutes of moderate physical activity per week
- Some health benefits are immediate

Relationship of Moderate-to-Vigorous Physical Activity to All-Cause Mortality



New Health Benefits

Short Term Benefits	Long Term Benefits	Disease Management
<ul style="list-style-type: none">• Improve insulin sensitivity• Improve quality of life• Reduce anxiety• Reduce blood pressure• Improve sleep outcomes	<ul style="list-style-type: none">• For youth, improve cognition• For adults, prevent 8 types of cancer (previously 2)• For adults, reduce risk of dementia, including Alzheimer's disease• For older adults, lowers risk of injuries from falls• For pregnant women, reduces the risk of postpartum depression• For all groups, reduces the risk of excessive weight gain	<ul style="list-style-type: none">• Reduce disease progression for type 2 diabetes• Decrease pain of osteoarthritis• Reduce disease progression for hypertension• Reduce symptoms of anxiety and depression• Improve cognition for those with dementia, multiple sclerosis, ADHD, and Parkinson's disease

What Works?

For Individuals or Small Groups

- Guidance from peers or professionals
- Support from others
- Technology

For Communities

- Point of decision prompts
- School policies and practices
- Access to indoor or outdoor recreation facilities or outlets
- Community-wide campaigns
- Community design

Defining Intensity

Moderate Intensity

- Absolute scale: 3.0-5.9 METs
- Relative scale: 5 or 6 on a scale of 0 to 10

Vigorous Intensity

- Absolute scale: 6.0 or more METs
- Relative scale: begins at a 7 or 8 on a scale of 0 to 10

Talk Test

As a rule of thumb, a person doing moderate-intensity aerobic activity can talk, but not sing, during the activity. A person doing vigorous-intensity activity cannot say more than a few words without pausing for a breath.

Key Guidelines for Americans Ages 3 and Over



Preschool-Aged Children



Children and Adolescents



Adults



Older Adults



Pregnancy/
Postpartum



Chronic Health
Conditions/
Disabilities

Adult Guidelines

MOVE YOUR WAY. Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*
Anything that gets your heart beating faster counts.

at least **150** minutes a week

AND

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2** days a week

If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.
If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

Key Guidelines for Adults

- Adults should **move more and sit less** throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.
- For substantial health benefits, adults should do **at least 150 minutes** (2 hours and 30 minutes) **to 300 minutes** (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- Adults should also do **muscle-strengthening activities** of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.
- **Additional health benefits** are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.

Key Guidelines for Older Adults

The key guidelines for adults also apply to older adults. In addition, the following key guidelines are just for older adults:

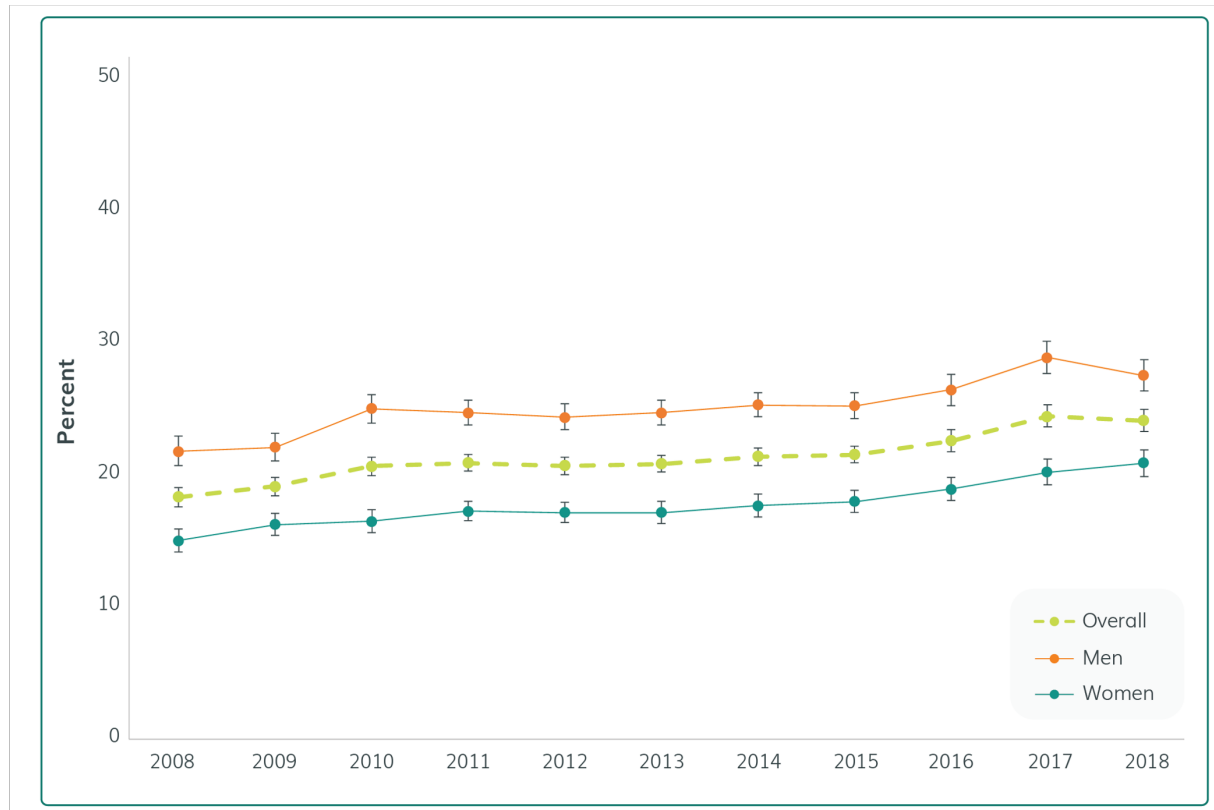
- As part of their weekly physical activity, older adults should do **multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities.**
- Older adults should **determine their level of effort for physical activity relative** to their level of fitness.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.
- When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, **they should be as physically active as their abilities and conditions allow.**

Key Guidelines for Adults with Chronic Health Conditions and Adults with Disabilities

- Adults with chronic conditions or disabilities, **who are able**, should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- Adults with chronic conditions or disabilities, **who are able**, should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Who is Meeting the Guidelines?

Adults Who Met the Aerobic and Muscle-Strengthening Guidelines, 2008–2018



Communicate about the
Guidelines
Using the Move Your Way
Campaign

Move Your Way® Campaign

- **Vision:** Consumer-focused campaign to promote physical activity recommendations in the second edition of the *Physical Activity Guidelines*
- **Purpose:**
 - Raise awareness of recommendations
 - Behavior change – get more people moving!



Do you know MyPlate?
Move Your Way is the physical activity equivalent!

Adults need a mix of physical activity to stay healthy.

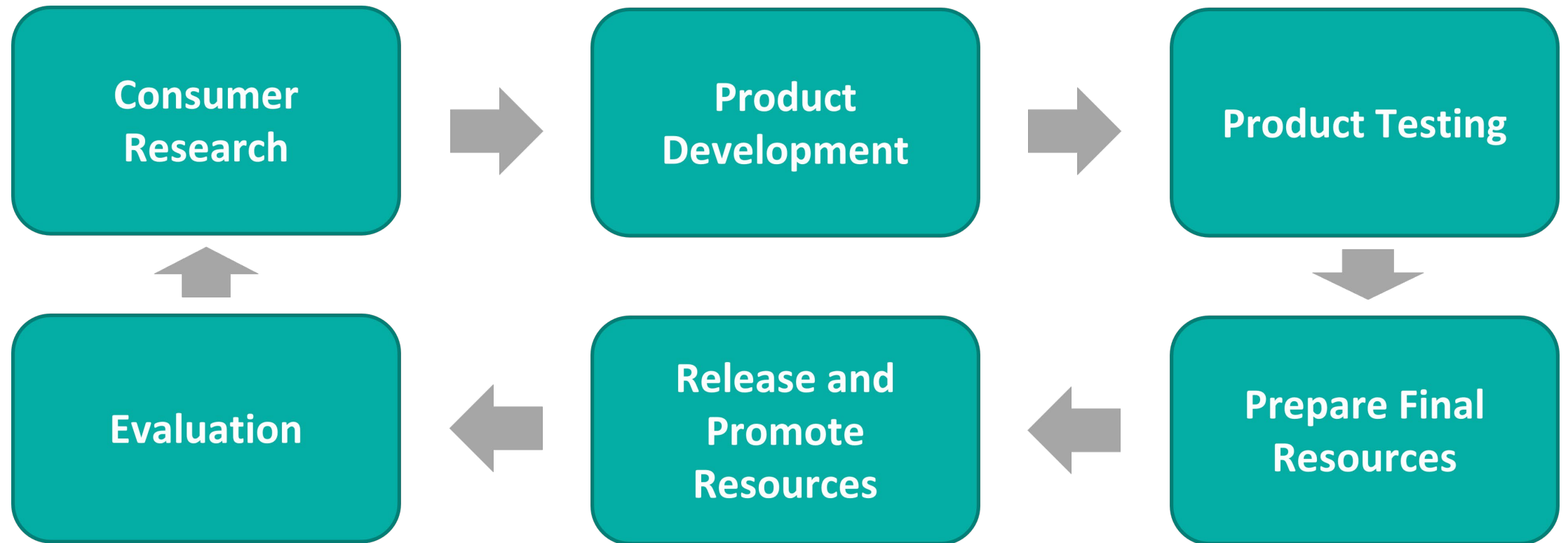
Moderate-intensity aerobic activity*	Muscle-strengthening activity
Anything that gets your heart beating faster counts.	Do activities that make your muscles work harder than usual.
at least 150 minutes a week	at least 2 days a week

* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. What's your move?

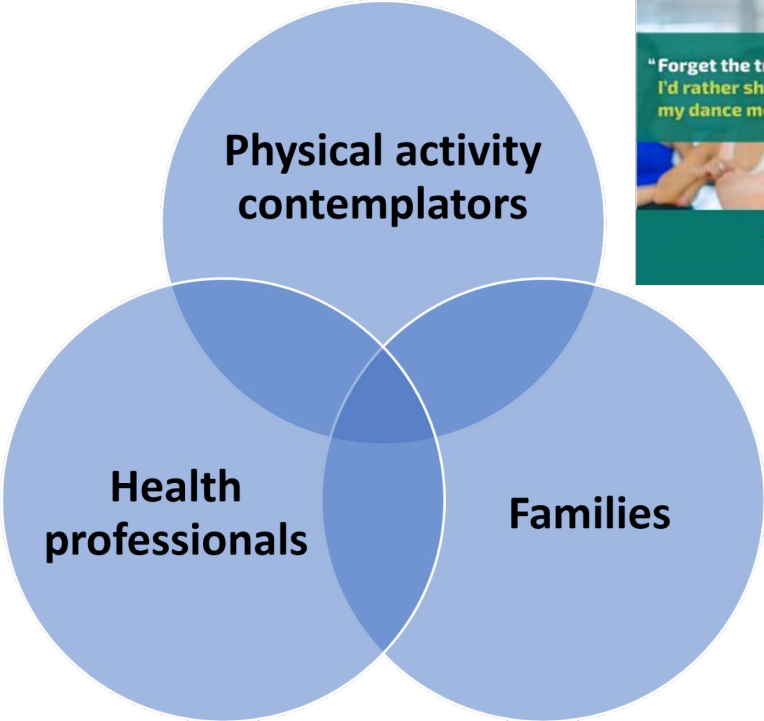
Developing the Campaign



Partnerships

- Federal Steering Committee:
 - Administration for Children and Families (ACF)
 - Administration for Community Living (ACL)
 - Centers for Disease Control and Prevention (CDC)
 - Health Resources and Services Administration (HRSA)
 - National Institutes of Health
 - Office of the Assistant Secretary for Health (including OMH, OPA, OSG, OWH, RHO)
- External Partners:
 - Physical Activity Alliance (PAA)
 - National Association of City and Country Health Officials (NACCHO)
- Other Federal Partners and Collaborators:
 - Indian Health Service (IHS)
 - National Institutes of Health National Cancer Institute (NIH-NCI)
 - OASH Office on Women's Health (OWH)
 - United States Department of Agriculture (USDA)

Who is the Move Your Way[®] Campaign for?



Move Your Way® Audiences



**Materials for
Adults**



**Materials for
Older Adults**



**Materials for
Parents and Kids**



**Materials for
During and After
Pregnancy**

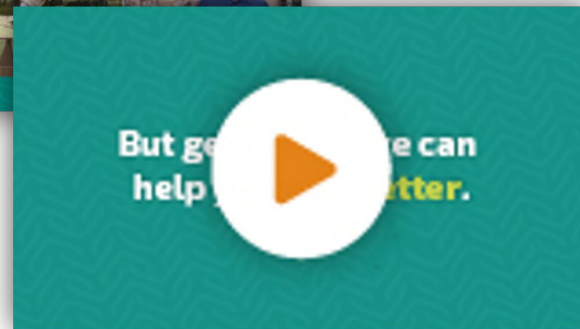
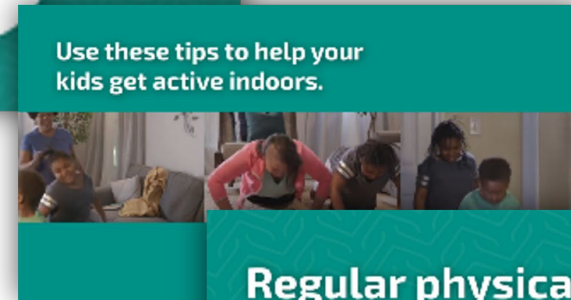
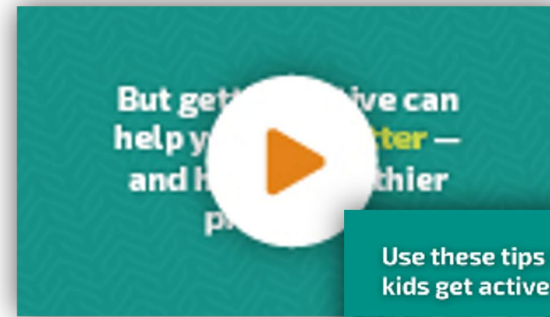
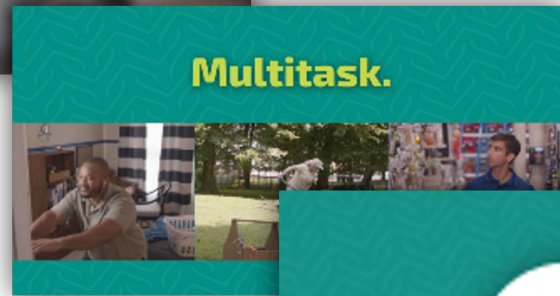


Materials for Professionals

Move Your Way® Posters and Fact Sheets



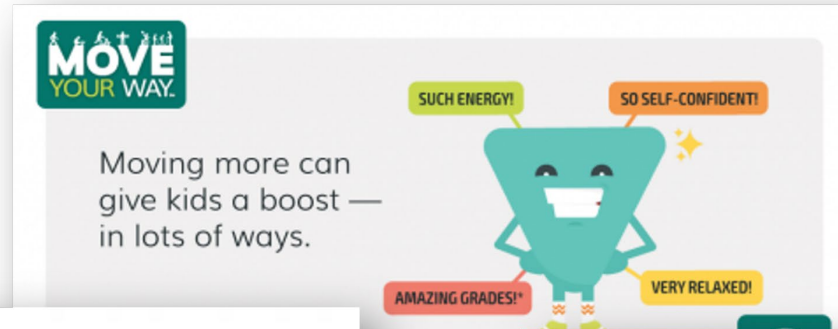
Move Your Way[®] Videos



Regular physical activity:

- ✓ Boosts energy 
- ✓ Helps you sleep better at night 

Move Your Way[®] Social Media Graphics



MOVE YOUR WAY.

How much physical activity do kids and teens need?

At least 60 minutes every day.

Most of that time can be **moderate-intensity aerobic activity** — anything that gets their heart beating faster counts.

And at least 3 days a week, encourage them to step it up to **vigorous-intensity aerobic activity**, so they're breathing fast and their heart is pounding.

60 minutes a day

As part of their daily 60 minutes, kids and teens also need:

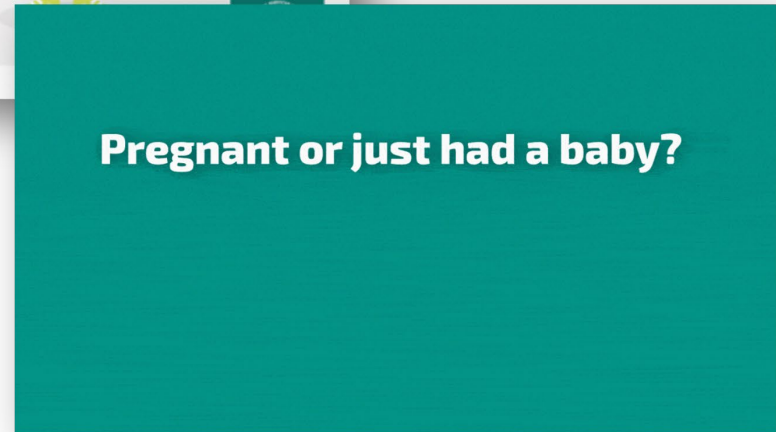
Muscle-strengthening activity at least 3 days a week

Bone-strengthening activity at least 3 days a week

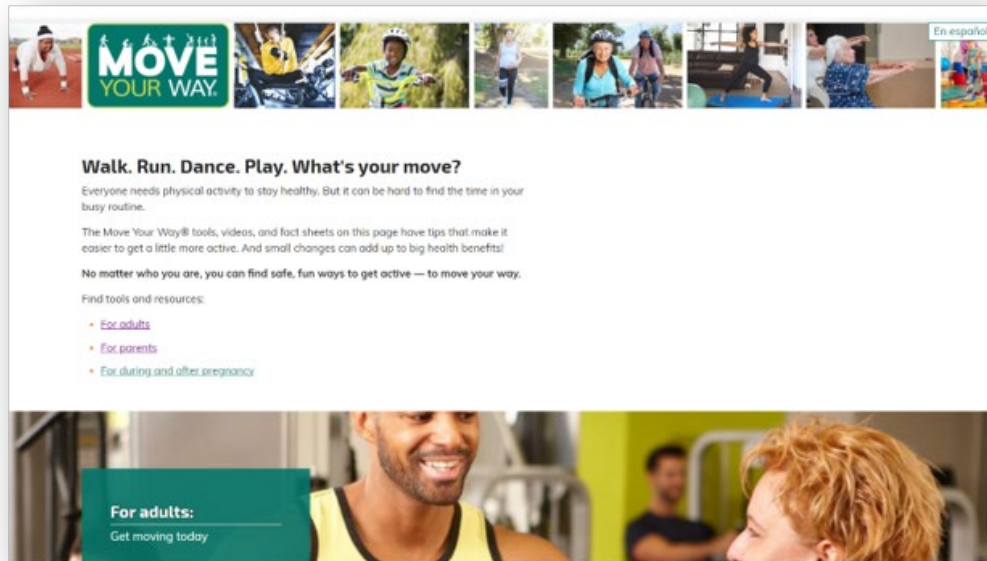
Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

Walk. Run. Dance. Play. **What's your move?**



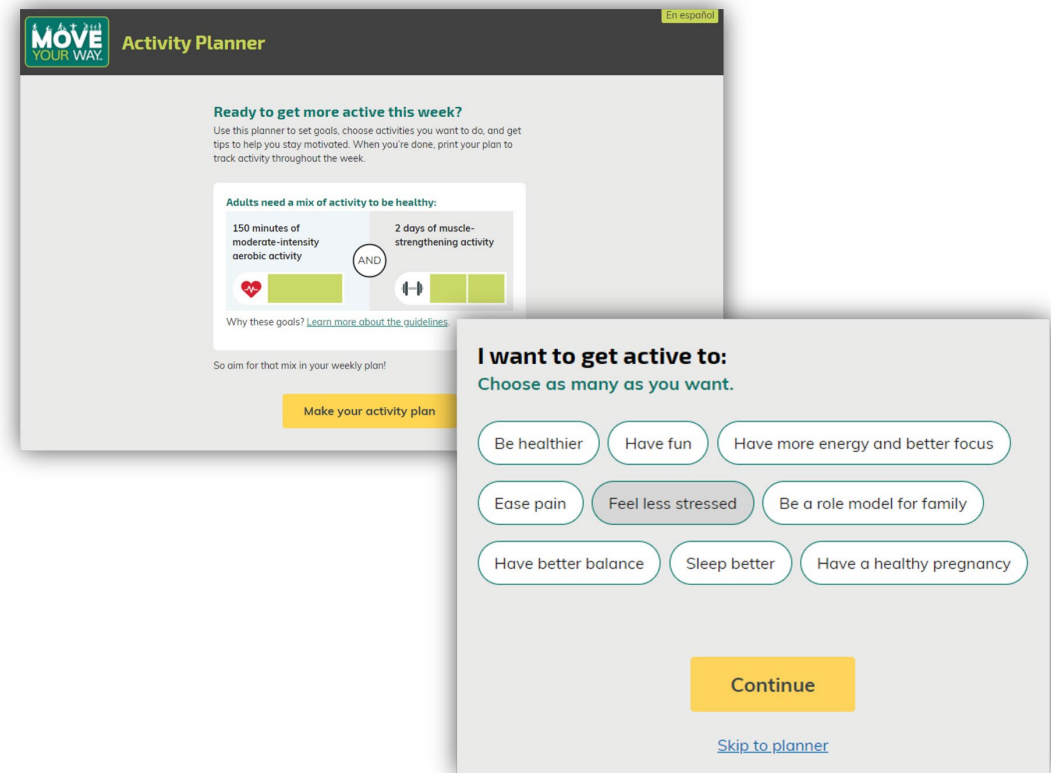
Move Your Way[®] Consumer Microsite



[Health.gov/MoveYourWay](https://www.health.gov/MoveYourWay)

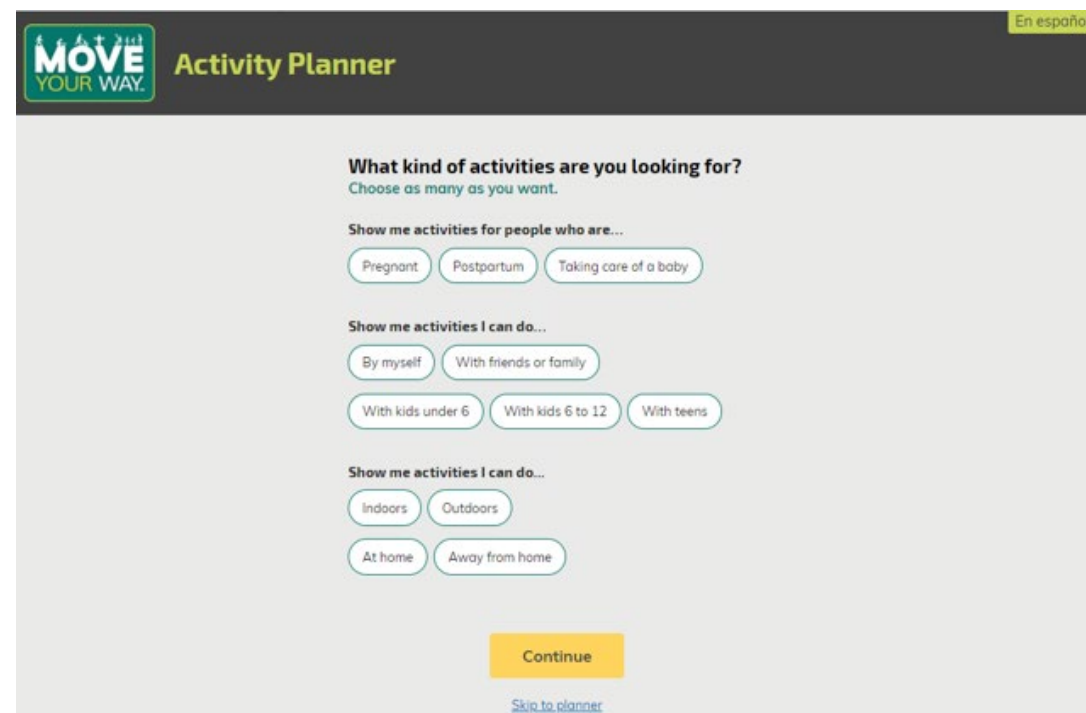
Online Activity Planner

- Make a plan based on selected preferences
- Choose motivators for getting active
- Select activities that meet aerobic and/or muscle strengthening recommendations
- See progress toward meeting recommendations



Online Activity Planner (con't)

- Make a plan based on selected preferences
- Choose motivators for getting active
- Select activities that meet aerobic and/or muscle strengthening recommendations
- See progress toward meeting recommendations



The screenshot shows the 'MOVE YOUR WAY Activity Planner' interface. At the top left is the logo 'MOVE YOUR WAY' and the title 'Activity Planner'. At the top right is a link 'En español'. The main content area asks 'What kind of activities are you looking for?' with the instruction 'Choose as many as you want.' Below this are three sections of filter buttons:

- Show me activities for people who are...** with buttons for 'Pregnant', 'Postpartum', and 'Taking care of a baby'.
- Show me activities I can do...** with buttons for 'By myself', 'With friends or family', 'With kids under 6', 'With kids 6 to 12', and 'With teens'.
- Show me activities I can do...** with buttons for 'Indoors', 'Outdoors', 'At home', and 'Away from home'.

At the bottom right, there is a yellow 'Continue' button and a blue link 'Skip to planner'.

Online Activity Planner (more)

- Make a plan based on selected preferences
- Choose motivators for getting active
- Select activities that meet aerobic and/or muscle strengthening recommendations
- See progress toward meeting recommendations

The screenshot shows the 'MOVE YOUR WAY Activity Planner' interface. At the top, it says 'Plan your week' and has a language toggle for 'En español'. Below the header, there are two sections: 'Want to see different activities?' with a 'Change preferences' button, and 'Show me activities that count as:' with checkboxes for 'Aerobic' and 'Muscle strengthening'. To the right, a progress bar shows 'Aerobic activity: Aim for 150 minutes' (0 out of 150) and 'Muscle-strengthening activity: Aim for 2 days' (0 out of 2). Below this, a grid of activity cards is displayed, each with an icon and a name: 'Active video games', 'Baseball or softball', 'Basketball', 'Cycling', 'Push-ups', and 'Walking'. A note on the right says 'Click on an activity to add it to your weekly plan.'

Parent Interactive Tool

- Helps parents assess amount of physical activity their children are getting
- Offers opportunities for increased activity before, during, and after school
- Interactive tool shows progress towards guidelines (60 minutes)



Kids need 60 minutes of activity every day.

That may sound like a lot for a school day, but it doesn't have to happen all at once. And there are so many ways to squeeze in activity at different times of the day.

Could they get a little more active in the morning? What about after school? Remember, a little here and a little there — it all adds up throughout the day.

As you move down the page, use the sliders to add time to the clock. If you can get it to 60, then you've found a way for your kids to meet the goal.



Customize Move Your Way Resources

- Centers for Disease Control and Prevention (CDC) [State and Community Health Media Center](#)
- Customize the Move Your Way campaign resources to specific audiences
 - Add a logo
 - Replace an image with a photo from the Media Center's image library

The screenshot displays the CDC State and Community Health Media Center website. The top navigation bar includes the CDC logo, the text "Centers for Disease Control and Prevention CDC 2671 Saving Lives. Protecting People™", a search bar, and a "CDC A-Z INDEX" dropdown. The main content area is titled "State and Community Health Media Center" and is divided into several sections:

- Home**: A sidebar menu with links for Search, FAQ, Glossary, and Help.
- Log in to the Media Center**: A button for users to log in, with a link for "New User? Register Now".
- Tobacco Materials**: A link to the "Media Campaign Resource Center".
- More Media Resources**: A list of links to various CDC resources, including "CDC's Division of Nutrition, Physical Activity and Obesity", "CDC Alcohol and Public Health", "CDC Art/Prints", "CDC's Division of Cancer Prevention and Control", "CDC Healthy Places", "CDC Healthy Schools", "Million Hearts®", "National Diabetes Education Program", and "Tips From Former Smokers".
- Campaign Details**: The main content area for the "Move Your Way" campaign. It includes fields for Campaign Title, Produced For, Produced By, Topic, Audience, Goals, and Strategy. The "Results" section shows "Information may be available" and "Not Provided".
- NEED HELP?**: A sidebar box with a "Contact Us" button and contact information for the Media Center.
- Search Results**: A section with tabs for "All Materials in Campaign", "Download Media", and "Marketing Materials". It includes a search bar, a "Sort By" dropdown set to "Title A-Z", and a "Page" indicator showing "1 - 20 of 58".
- Move Your Way 60 Minutes Poster for Kids**: A featured resource with a thumbnail image and a description: "Description: The Move Your Way '60 Minutes' Poster for Kids shows fun ways kids can get the recommended amount of activity every day." It also includes a "Cost Free" and "Year Produced 2018" label.

Campaign Implementation

Campaign Implementation in Communities

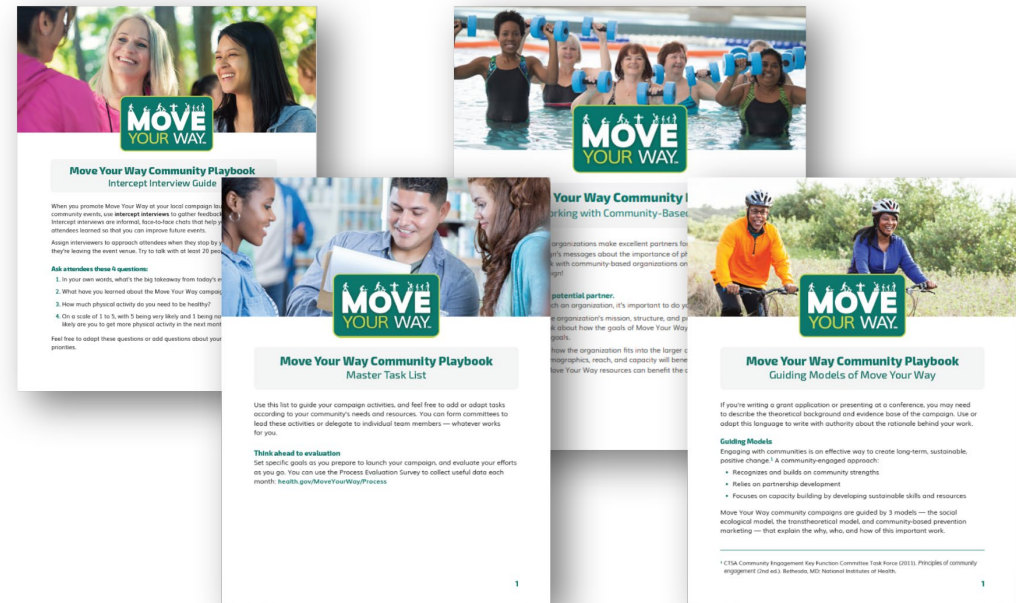
- Uses the Community-based Prevention Marketing Framework
 - Combines social marketing and community organizing
 - Uses a place-based approach
- ODPHP works **with** communities to drive behavior change
- Lead organizations work with partners to tailor outreach activities to local needs and resources



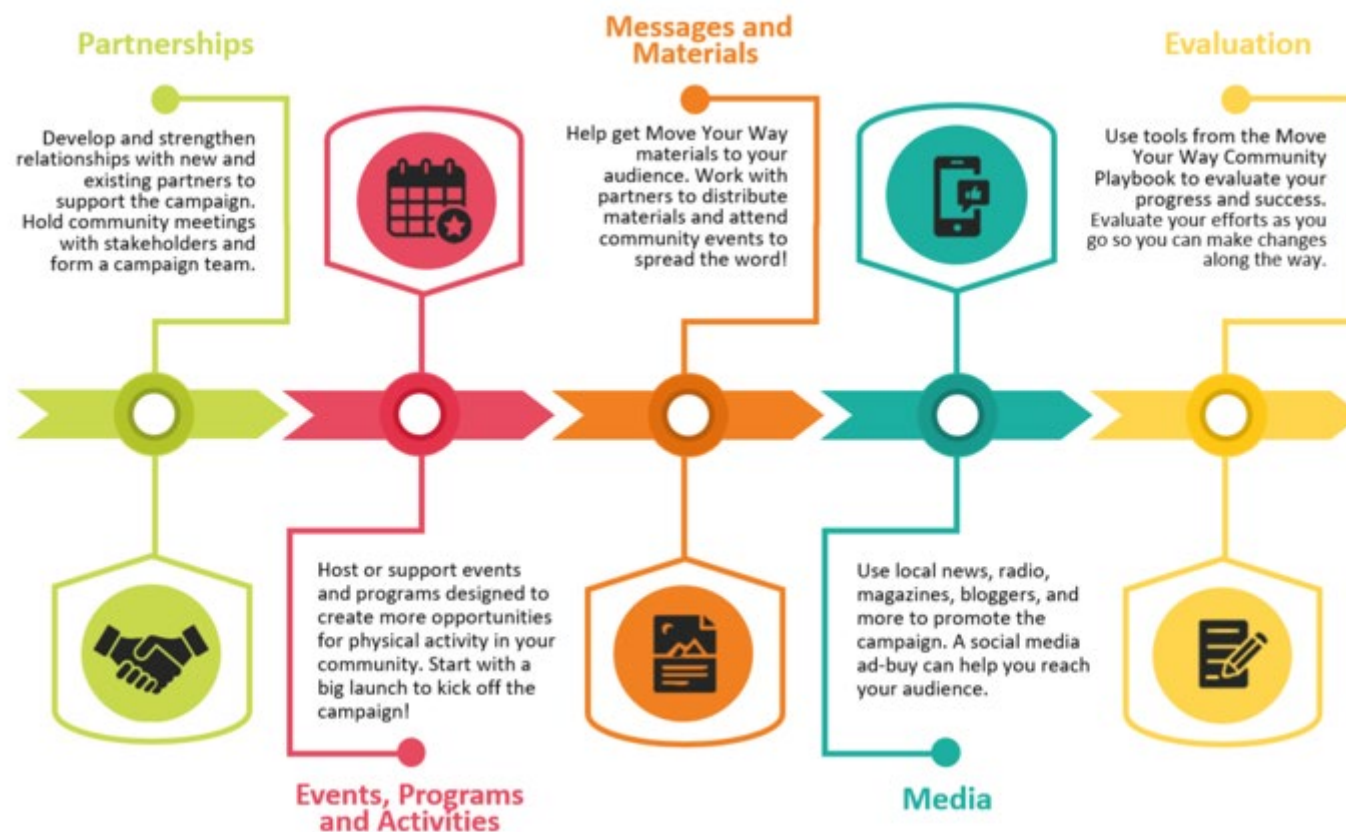
Move Your Way[®] Community Playbook

- Find tips and resources to help implement the campaign at the local level
- Use the sections of playbook that support your needs

[Health.gov/MoveYourWay/Playbook](https://www.health.gov/MoveYourWay/Playbook)



Elements of Campaign Implementation



Pilot Communities

2019

- Jackson, Mississippi
- Las Vegas, Nevada*

2020

- Cabarrus County, North Carolina
- Chicago, Illinois*
- Columbus, Ohio
- Fairfax County, Virginia
- Sioux City, Iowa*
- Southern West Virginia*
- Streator, Illinois
- Wyandotte County, Kansas

2021

- Little Rock, Arkansas
- 4 Returning Communities*



Community Pilots Spread the Word



• **143** community events and activities



• **283** partnerships



• **967,000** social media impressions



• **68,000** campaign materials distributed

Community Pilots Spread the Word (con't)



- **4** million video views



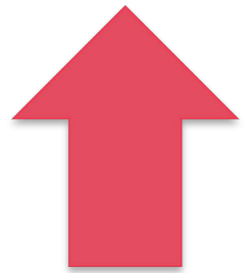
- **104** million ad buy impressions



- **250** million impressions of #MoveYourWay

Outcome Evaluation

Respondents who reported being exposed to Move Your Way reported:



Awareness

More aware of the *Physical Activity Guidelines for Americans*



Self-Efficacy

More confident in ability to be active despite barriers



Knowledge

More likely to know correct dosage recommendations

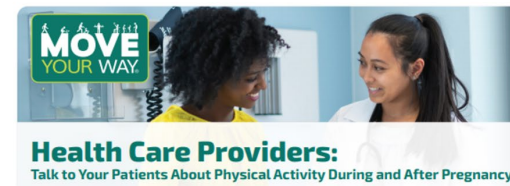


Behavioral Intent

More likely to intend to be more active in near-future

Healthcare Providers Play an Important Role

- Research shows that consumers consider healthcare providers a trusted source for health information
- Move Your Way resources for healthcare providers include information about common barriers and conversation starters



Health Care Providers: Talk to Your Patients About Physical Activity During and After Pregnancy

You know it's important to help your pregnant and postpartum patients get physical activity. But it can be challenging to talk about activity in the short time you have for pre- and post-natal visits.

The second edition of the Physical Activity Guidelines for Americans can help! The Guidelines includes evidence-based physical activity guidance for pregnant and postpartum women — guidance that many maternal health organizations, including the American College of Obstetricians and Gynecologists, cite and promote in their own materials. Share the recommendations from the Guidelines and inspire your patients to get active.

Start the conversation.

Patients who were active before pregnancy might be eager to ask you about physical activity. But with patients who haven't been active before, you may need to be more proactive about raising this topic. Try these quick conversation starters.

How much activity do you get now — and how much did you get before pregnancy?

Meet your patients where they are. Once you have an idea of their current and previous activity levels, you can suggest small changes to help them get active — or get back to their normal routine after pregnancy.

Do you have any concerns about being active?

Your patients may get conflicting advice about what's safe during and after pregnancy. Tell them that being active is safe and healthy. Physical activity can even lower their risk for some complications during pregnancy.

Does activity ever feel uncomfortable or painful?

It's normal for activity to feel different during or just after pregnancy. But check in with your patients about any pain they're feeling and make a plan to address it. Pain could be a sign of a health problem — or it may mean they need to switch to gentler activities.



Health Care Providers: Talk to Your Patients About Physical Activity

As a health care provider, you know it's important to help your patients get more physical activity. But it can be challenging to motivate patients in the short time you spend together.

The second edition of the Physical Activity Guidelines for Americans offers evidence-based physical activity guidance that can make your job easier. Share the recommendations with your patients and inspire them to get more active.

Start the conversation.

When you bring up physical activity with your patients, it helps to keep the tone friendly and encouraging. Try these quick conversation starters.

How much physical activity do you get in an average week?

Meet your patients where they are. Once you have an idea of their current activity level, you can suggest small changes to help them get more active.

What are some things your family likes to do together?

Does family time mean watching TV on the couch? Offer tips for getting the whole family more active, like turning commercials into family fitness breaks.

Are there activities you'd like to be able to do?

Do your patients want to run a 5K? Climb stairs more easily? Pick up grandkids without pain? Knowing their motivations can help you work together to set achievable goals.



Healthcare Providers Play an Important Role (con't)

- Share Move Your Way resources
- Emphasize key message when engaging with patients
 - Lots of activities count
 - Short term benefits
 - Long term benefits
 - Anyone can be active



Partnering with Diabetes Prevention

“The Move Your Way campaign has been a helpful resource for the Southern Nevada Health District’s Clark County Diabetes Group. Many of our clinical and community partners are regularly looking for physical activity resources to share with their clients and class participants. **The Move Your Way factsheets are an easy way for our group members to share with clients the message of being more physical activity and how that can support keeping blood glucose in a healthy range.**”

– *Representative of Southern Nevada Health District*



Weekly Newsletter March 2021

Hi Everyone: Happy Friday!

I hope that you are all doing as well as possible. Thankfully, many community partners compiled lists of community resources and that is good news! I hope you find these resources to be helpful during these challenging times. Find more resources at: gethealthyclarkcounty.org



The **Move Your Way** campaign provides ways for you and your family to get moving! Share these fact sheets available in English and Spanish during March for **Move Your Way Week (March 1-6)**. For more helpful physical activity tips, see my colleague Mindy's blog post: <https://gethealthyclarkcounty.org/move-your-way-week-march-1st-6th>



The **Southern Nevada Health District** provides a free online diabetes prevention program and [free mobile apps](#) so get moving, explore trails, and keep half your plates filled with vegetables and fruit.

Dignity Health offers free online classes and virtual care: <https://conta.cc/33PbPQh>. Classes include: fitness, wellness (mind-body), Freedom from Smoking Plus, etc! Call: 702-616-4902 or 702-616-4916.

The **Nevada Diabetes Association** offers an emergency prescription program which allows a one month refill on your current, in date prescription for insulin, oral medication, glucose test strips, ketone test strips, etc. Call **775-856-3839** or visit diabetesnv.org to learn more.

ido quarterly meeting, April 14th from 3-4:30 pm. See attached agenda and Zoom Link: <https://healthinsight.zoom.us/j/370109579>
Call-In: +1 669 900 6833 or +1 346 248 7799
Meeting ID: 370 109 579
Email: jreeves@comagine.org

JDRF:
For the most up to date information about T1D and Coronavirus, please visit jdrf.org/coronavirus.

Partnering with Diabetes Prevention (con't)

“The Move Your Way partnership adds value to our messaging from a trusted source. These added materials help to keep our National Diabetes Prevention Program (NDPP) participants motivated and reminds them of the recommended physical activity guidelines for American’s. **The Move You Way material offers easy to read messaging and images our diabetes prevention participants can relate to.** The Move You Way material is an added resource for the NDPP coaches to utilize when helping participants stay motivated and accountable in the year long program.”

- Active Southern West Virginia

Learn More About the PAG and Move Your Way

- Read the Executive Summary or Full Second Edition: <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines>
- Share the Move Your Way website with consumers: <https://health.gov/moveyourway>
- Find, download, and print campaign materials: <https://health.gov/our-work/physical-activity/move-your-way-campaign/campaign-materials>
- Watch Move Your Way videos: <https://www.youtube.com/user/ODPHP/playlists>
- Follow ODPHP on twitter (@Healthgov) and Facebook (@HHSHealthGov)
- Join the ODPHP Physical Activity Listserv on <https://health.gov/our-work/physical-activity>

Questions

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Related Publications

- **Journal of the American Medical Association (JAMA):** *The Physical Activity Guidelines for Americans*
- **JAMA Viewpoint:** *Physical Activity Guidelines for Health and Prosperity in the United States*
- **JAMA Research Letter:** *Joint Prevalence of Sitting Time and Leisure-Time Physical Activity Among US Adults, 2015–2016*
- **Circulation: Cardiovascular Quality and Outcomes:** *Physical Activity Guidelines for Americans from the U.S. Department of Health and Human Services: Cardiovascular Benefits and Recommendations*
- **Journal of Physical Activity and Health (JPAH):** *Umbrella and Systematic Review Methodology to Support the 2018 Physical Activity Guidelines Advisory Committee*
- **JPAH:** *The Scientific Foundation for the “Physical Activity Guidelines for Americans, 2nd Edition”*
- **JPAH:** *The Move Your Way Campaign: Encouraging Contemplators and Families to Meet the Recommendations From the Physical Activity Guidelines for Americans*
- **Medicine and Science in Sports and Exercise:** 14 ACSM Scientific Pronouncements led by the Physical Activity Guidelines Advisory Committee members (June 2019)