

Guideline title, scope, target audience and evidence-base

Do you think the title of the guideline is clear?

Choose one of the following answers

- yes
- no
- no opinion

Please enter your comment

Do you think the scope and purpose of the guidelines are clear?

Choose one of the following answers

- yes
- no
- no opinion

Please enter your comment here

Do you think the target audience for the guidelines is appropriate?

Choose one of the following answers

- yes
- no
- no opinion

Please enter your comment here:

Is the way that the evidence was reviewed clearly described?

Choose one of the following answers

- yes
- no
- no opinion

Please enter your comment here:


It isn't clear how the evidence from previous reviews for the Australian, Canadian and US physical activity guidelines have been synthesised with the updated review performed by the WHO for the period 2017-2019. This is a concern as the literature review for the Australian guidelines was an update of the 2014 literature review for the Canadian guidelines and the WHO reviews are updates of these and the US literature review. For global guidelines, incorporating all evidence is important. For example, physical activity has consistently been shown over many years to be important for maintaining a healthy weight as children develop. Because this has frequently been studied historically, focusing on more recent reviews may only pick up where the recent gaps in evidence are (eg, HIIT research). It would be good to know how earlier work is incorporated into these guidelines.

Recommendations for children and adolescents

Please choose your response to each item:

	Yes	Uncertain	No
Are the physical activity recommendations clearly stated?	<input type="radio"/> Yes	<input type="radio"/> Uncertain	<input checked="" type="radio"/> No
Are the sedentary behaviour recommendations clearly stated?	<input type="radio"/> Yes	<input type="radio"/> Uncertain	<input checked="" type="radio"/> No

Comment

 Make a comment on your choice here

1. We believe that the proposed guidelines represent a missed opportunity to adopt 24-Hour Movement Guidelines for children and adolescents. This would have kept the consistency with the early years and with the Australian and Canadian guidelines. This also means that the emerging importance of light-intensity physical activity, which was included in some of the reviews, is overlooked. It also appears to be inconsistent with the text under the guideline which talks about starting with small amounts of activity and gradually increasing duration, frequency, and INTENSITY, however, only one intensity is mentioned.
2. We STRONGLY DISAGREE with the recommendation for children and adolescents to perform an 'average of 60 minutes per day' across the week. This is out of step with the previous guidelines from the WHO as well as those from Canada, Australia and the US which recommend children and adolescents perform at least 60 minutes of moderate-to-vigorous intensity physical activity EVERY DAY. It is unusual to backtrack like this on an existing recommendation unless evidence shows there's a good reason to not encourage a physical activity target for children every day? It is also

possible that with a strong focus on accelerometer derived studies associations with health did not align with a 60-min per day threshold because of cut-point/measurement error.

3. We also do not believe this revised PA guidelines makes an interpretable or measurable public health message for policy makers or for end users, especially in LMIC. It will require the calculation of averages to determine compliance, and places too much weight on studies that have used accelerometer data to calculate average mins per day in MVPA. We are also not aware of any current acceptable population level survey measure that will allow countries to capture an average daily measure of MVPA for children and adolescents. Finally, is the WHO endorsing that a child could spend 3-4 hours playing cricket on a weekend day and spend little time in MVPA on other days of the week but still meet guidelines? In calculating an average score this scenario is entirely possible and we believe would be of questionable benefit to children's health. We disagree that the wording of the guideline should reflect limitations in the way in which physical activity has been measured in research. Because of study protocols and poor wear time compliance, valid data from accelerometer studies are generally averaged across four or more days rather than determining compliance with 60min guidelines over 7 days. This is not a legitimate reason to change from a daily target to an average across a week.
4. We are surprised about the interpretation about the lack evidence regarding MVPA and adiposity and question the evidence synthesis of reviews for previous guidelines in the US, Canada and Australia with the new reviews from 2017-2019.
5. We note that the word "accumulate" is missing from the physical activity guidelines. This is a potentially important oversight as there is a risk that the guidelines will be interpreted as the MVPA needing to be performed in a single bout.
6. [Did the committee consider whether the vigorous guidelines should specify aerobic activity? A lot of the short bursts of activity that children engage in \(like jumping\) are likely to be anaerobic. A lot of the evidence of health benefits of vigorous activity is based on aerobic activity.](#)
7. We STRONGLY DISAGREE with the sedentary behaviour recommendations which provide no guidance whatsoever for children's and adolescents' sedentary behaviour. There is little value in this recommendation by the WHO. There is no useful public health messaging that can be derived from it and it is not measurable. We also strongly disagree with the lack of mention of the importance of limiting sedentary screen time for leisure-time. This is inconsistent with Australia and Canada that recommends limiting screen time to less than 2 hours based on dose response evidence from previous studies. The synthesis of evidence from those guidelines with the current ones is unclear. We strongly encourage the WHO to adopt a guideline for sedentary recreational screen time as this is greatly needed at a global level, especially in LMIC where their use is becoming more ubiquitous and at an alarming fast rate. Without any guidance as to how much is acceptable for physical, social and mental health outcomes we will see very high levels going unchecked.
8. It would be good if the sedentary behaviour recommendations could be consistent with the adult guidelines which refer to "replacing sedentary time with physical activity of any intensity (including light intensity)"

Recommendations for adults

Please choose your response for each item:

	Yes	Uncertain	No
Are the physical activity recommendations clearly stated?	<input checked="" type="radio"/> Yes	<input type="radio"/> Uncertain	<input type="radio"/> No
Are the sedentary behaviour recommendations clearly stated?	<input type="radio"/> Yes	<input type="radio"/> Uncertain	<input checked="" type="radio"/> No

Comment

Your answer here:

1. The PA domains for mental health are important to consider. Please see the recent publication by Teychenne et al (Do we need physical activity guidelines for mental health: What does the evidence tell us? *Mental Health and Physical Activity*, 2020), which concludes that leisure-time or transport related PA are best for mental health benefits and it is particularly important to engage in activities that are enjoyable. For mental health outcomes, not all PA is equal.

2. It would be good if the WHO could provide more guidance on sedentary behaviour dose in the guidelines. Some thresholds are now becoming apparent. Also, the 2nd guideline “Adults who are highly sedentary should aim to achieve or exceed the upper levels of recommended moderate-to-vigorous intensity physical activity” is not a sedentary behaviour guideline at all but rather relates to lack of activity and as such should be moved to the PA recommendations.

Recommendations for older adult

Please choose your response for each item:

	Yes	Uncertain	No
Are the physical activity recommendations clearly stated?	<input checked="" type="radio"/> Yes	<input type="radio"/> Uncertain	<input type="radio"/> No
Are the sedentary behaviour recommendations clearly stated?	<input checked="" type="radio"/> Yes	<input type="radio"/> Uncertain	<input type="radio"/> No

Comment


Make a comment on your choice here

Recommendations for pregnant and postpartum women

Please choose your response for each item:

	Yes	Uncertain	No
Are the physical activity recommendations clearly stated?	<input checked="" type="radio"/> Yes	<input type="radio"/> Uncertain	<input type="radio"/> No
Are the sedentary behaviour recommendations clearly stated?	<input checked="" type="radio"/> Yes	<input type="radio"/> Uncertain	<input type="radio"/> No

Comments:


 Make a comment on your choice here

Recommendations for adults living with chronic conditions

Please choose your response for each item:

	Yes	Uncertain	No
Are the physical activity recommendations clearly stated?	<input checked="" type="radio"/> Yes	<input type="radio"/> Uncertain	<input type="radio"/> No
Are the sedentary behaviour recommendations clearly stated?	<input checked="" type="radio"/> Yes	<input type="radio"/> Uncertain	<input type="radio"/> No

Comments:


 Make a comment on your choice here

Recommendations for people living with disability

Please choose your response for each item:

	Yes	Uncertain	No
Are the physical activity recommendations clearly stated?	<input checked="" type="radio"/> Yes	<input type="radio"/> Uncertain	<input type="radio"/> No
Are the sedentary behaviour recommendations clearly stated?	<input checked="" type="radio"/> Yes	<input type="radio"/> Uncertain	<input type="radio"/> No

Comments:

 Make a comment on your choice here

Relevance of these guidelines to you and your work


Considering either your work, or the circumstances of those you work with, please indicate how these guidelines can support you.

Do you agree or disagree with the following statements?

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	Not applicable
These guidelines are relevant to my work	<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neither agree nor disagree	<input type="radio"/> Agree	<input checked="" type="radio"/> Strongly agree	<input type="radio"/> Not applicable
These guidelines are important for my work	<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neither agree nor disagree	<input type="radio"/> Agree	<input checked="" type="radio"/> Strongly agree	<input type="radio"/> Not applicable
I will use these guidelines in my work	<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neither agree nor disagree	<input type="radio"/> Agree	<input checked="" type="radio"/> Strongly agree	<input type="radio"/> Not applicable
These guidelines are relevant to the people I work with	<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neither agree nor disagree	<input type="radio"/> Agree	<input checked="" type="radio"/> Strongly agree	<input type="radio"/> Not applicable
These guidelines are important to the people I work with	<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neither agree nor disagree	<input type="radio"/> Agree	<input checked="" type="radio"/> Strongly agree	<input type="radio"/> Not applicable

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	Not applicable
These guidelines need to be adapted to be useful in my setting	<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neither agree nor disagree	<input type="radio"/> Agree	<input checked="" type="radio"/> Strongly agree	<input type="radio"/> Not applicable
These guidelines need to be adapted to be useful for the people I work with	<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neither agree nor disagree	<input type="radio"/> Agree	<input checked="" type="radio"/> Strongly agree	<input type="radio"/> Not applicable

Comments:

 Make a comment on your choice here

Issues for implementation of the guidelines

Substantial health benefits can be achieved at low risk through a wide variety of physical activities, that can be undertaken across a range of settings and that can require no cost to the individual, such as walking. Other forms of physical activities, including for example, structured sports, cycling or supervised exercise (fitness) classes, may incur costs to the individual and this may be a barrier to participation in these activities for some individuals, particularly those with lower income.

Other barriers that can affect individuals achieving these recommendations include social norms and cultural barriers towards physical activity. These can disproportionately affect women, older adults and people living with disability. Actions to implement these guidelines will be needed to address these additional barriers where they exist and according to context.

To support populations achieve these recommendations, national and sub national Governments would need to implement and sustain policy actions and programs that promote and enable physical activity and this will require allocation of resources across different sectors such as health and those outside the health sector such as sport, education, transport and environment/urban planning. Allocation of the necessary resources required will vary by context, and may require more than one level of government (national, sub national and local levels) to ensure all communities have equal access to physical activity opportunities.

Consideration is needed to ensure that the implementation of these recommendations does not worsen equity issues (e.g. making sure there are safe facilities and opportunities accessible for people of all ages and abilities, including people living with disability, socioeconomically and other disadvantaged people, to engage in physical activity; addressing gender and other cultural biases that could restrict access and opportunity to participate in physical activity etc.).

Considering your work, or those you work with, please indicate if you agree or disagree with the following statements?

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	Not applicable
The benefits of implementing these guidelines, in terms of individual health, will outweigh the cost to individuals.	<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neither agree nor disagree	<input type="radio"/> Agree	<input checked="" type="radio"/> Strongly agree	<input type="radio"/> Not applicable
The benefits of implementing these guidelines, in terms of population health, will outweigh the cost to government.	<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neither agree nor disagree	<input type="radio"/> Agree	<input checked="" type="radio"/> Strongly agree	<input type="radio"/> Not applicable
Implementing these guidelines can achieve a reduction in health inequity by increasing the opportunities for all to be active and improve health outcomes.	<input type="radio"/> Strongly disagree	<input type="radio"/> Disagree	<input type="radio"/> Neither agree nor disagree	<input type="radio"/> Agree	<input checked="" type="radio"/> Strongly agree	<input type="radio"/> Not applicable

Comments: