

Response ID ANON-RXFZ-K9X9-Y

Submitted to Draft 24-hour movement recommendations for adults and older Australians
Submitted on 2024-10-18 16:52:40

Introduction

1 What is your name?

Name:
Professor Jo Salmon

2 What is your email address?

Email:
ipandir@deakin.edu.au

3 Are you responding on behalf of an organisation, or as a consumer/individual?

A section/team within an organisation

4 What is your organisation and/or field of expertise?

Organisation and/or field of expertise:
Institute for Physical Activity and Nutrition, Deakin University

5 If representing an organisation, which sector does your organisation belong to?

University/education/research institution

If other, please specify:

Draft 24-hour movement recommendations for adults 18-64 years

6 Are the draft 24-HOUR MOVEMENT RECOMMENDATIONS FOR ADULTS 18-64 YEARS clear?

Not clear

7 Do you have any comments about the draft 24-HOUR MOVEMENT RECOMMENDATIONS FOR ADULTS 18-64 YEARS as we have presented them?

Comments:

Say 5+ days rather than 'most' days?
EGs of main muscle groups?
Define 'several hours' & 'long period'
Make breaking SB consistent with WHO
'PA of any duration', and intensity?
What is a PA specialist?
Include contraindications

Draft 24-hour movement recommendations for older Australians 65+ years

8 Are the draft 24-HOUR MOVEMENT RECOMMENDATIONS FOR OLDER AUSTRALIANS 65+ YEARS clear?

Not clear

9 Do you have any comments about the draft 24-HOUR MOVEMENT RECOMMENDATIONS FOR OLDER AUSTRALIANS 65+ YEARS as we have presented them?

Comments:

Suggest 'at least 6000 steps/day'. Is there a lower threshold for older adults?

Functional/balance companion statement should capture the 'challenge' component (e.g. a semi-tandem stand progressing to single leg stand).

Draft 24-hour movement recommendations for adults and older Australians living with disability

10 Are the draft 24-HOUR MOVEMENT RECOMMENDATIONS FOR ADULTS AND OLDER AUSTRALIANS LIVING WITH DISABILITY clear?

Not clear

11 Do you have any comments about the draft 24-HOUR MOVEMENT RECOMMENDATIONS FOR ADULTS AND OLDER AUSTRALIANS LIVING WITH DISABILITY as we have presented them?

Comments:

Why omit the recommendation to break up long periods of SB? Could easily be incorporated: 'If able, breaking up long periods of sedentary behaviour as often as possible'
Clarify contraindications.

Draft 24-hour movement recommendations for adults and older Australians living with chronic conditions

12 Are the draft 24-HOUR MOVEMENT RECOMMENDATIONS FOR ADULTS AND OLDER AUSTRALIANS WITH CHRONIC CONDITIONS clear?

Not clear

13 Do you have any comments about the draft 24-HOUR MOVEMENT RECOMMENDATIONS FOR ADULTS AND OLDER AUSTRALIANS WITH CHRONIC CONDITIONS as we have presented them?

Comments:

Why omit breaking up SB? Highly relevant here.

The term 'pre-exercise' medical clearance (& companion statement for disability): the only place the term 'exercise' is used. Suggest changing to 'pre-physical activity participation'?

Draft 24-hour movement recommendations for adults and older Australians

14 Overall, are you supportive of the draft recommendations to be included in the Australian 24-hour movement guidelines for adults and older Australians?

Yes, with proposed changes

Please specify proposed changes:

Should an older adult with chronic diseases or those with disability be seeing a gym instructor, an exercise scientist or an accredited exercise physiologist? Important for vulnerable populations.
SB terminology should be consistent with WHO.