

Päivitetty liikkumisen suositus aikuisille

Tommi Vasankari, johtaja
UKK-instituutti

29. Terveysliikuntapäivät 22.-23.10.2019

Pohjautuu raporttiin... (kevät 2018, 779 s)

2018 Physical Activity
Guidelines Advisory
Committee
Scientific Report

To the Secretary of Health and Human
Services

Laadittiin USA suositus (PAG 2nd edition)

JAMA | Special Communication

The Physical Activity Guidelines for Americans

Katrina L. Piercy, PhD, RD; Richard P. Troiano, PhD; Rachel M. Ballard, MD, MPH; Susan A. Carlson, PhD, MPH; Janet E. Deborah A. Galuska, PhD, MPH; Stephanie M. George, PhD, MPH; Richard D. Olson, MD, MPH

IMPORTANCE Approximately 80% of US adults and adolescents are insufficiently active. Physical activity fosters normal growth and development and can make people feel, function, and sleep better and reduce risk of many chronic diseases.

OBJECTIVE To summarize key guidelines in the *Physical Activity Guidelines for Americans*, 2nd edition (PAG).

PROCESS AND EVIDENCE SYNTHESIS The 2018 Physical Activity Guidelines Advisory Committee conducted a systematic review of the science supporting physical activity and health. The committee addressed 38 questions and 104 subquestions and graded the evidence based on consistency and quality of the research. Evidence graded as strong or moderate was the basis of the key guidelines. The Department of Health and Human Services (HHS) based the PAG on the *2018 Physical Activity Guidelines Advisory Committee Scientific Report*.

RECOMMENDATIONS The PAG provides information and guidance on the types and amounts of physical activity to improve a variety of health outcomes for multiple population

Tarve muuttaa Liikuntapiirakka – uusi suositus

- Edeltävä Liikuntapiirakan päivitys tehtiin edeltävän Physical Activity Guidelines for Americans (2008) –suosituksen jälkeen vuonna 2009.
- Suositus on työstetty UKK-instituutissa em. Tieteellisen raportin pohjalta, perustuen tieteelliseen näyttöön.
- Uusiin suosituksiin on tarkoituksella haettu kommentteja laajalla kuulemisella eri tahoilta (valtio, tiede, järjestöt, jne), mutta suosituksen julkistaja on UKK-instituutti.
- Uusi suosituskaan ei ole MIELIPIDE, vaan laajaan tutkimusnäyttöön pohjautuva.

Mikä muuttuu – 10 min pätkät poistuvat

- Individuals already within the physical activity target range can gain more benefits by doing more moderate-to-vigorous physical activity. Individuals within the target range already have substantial benefits from their current volume of physical activity.
- Bouts, or episodes, of moderate-to-vigorous physical activity of any duration may be included in the daily accumulated total volume of physical activity. The *2008 Physical Activity Guidelines for Americans* recommended accumulating moderate-to-vigorous physical activity in bouts of 10 minutes or more. Research now shows that any amount of moderate-to-vigorous physical activity counts toward meeting the target range. Previously, insufficient evidence was available to support the value of bouts less than 10 minutes in duration. The 2018 Committee was able to conclude that bouts of any length contribute to the health benefits associated with the accumulated volume of physical activity.

Mikä muuttuu – kevyt liikkuminenkin hyvästä

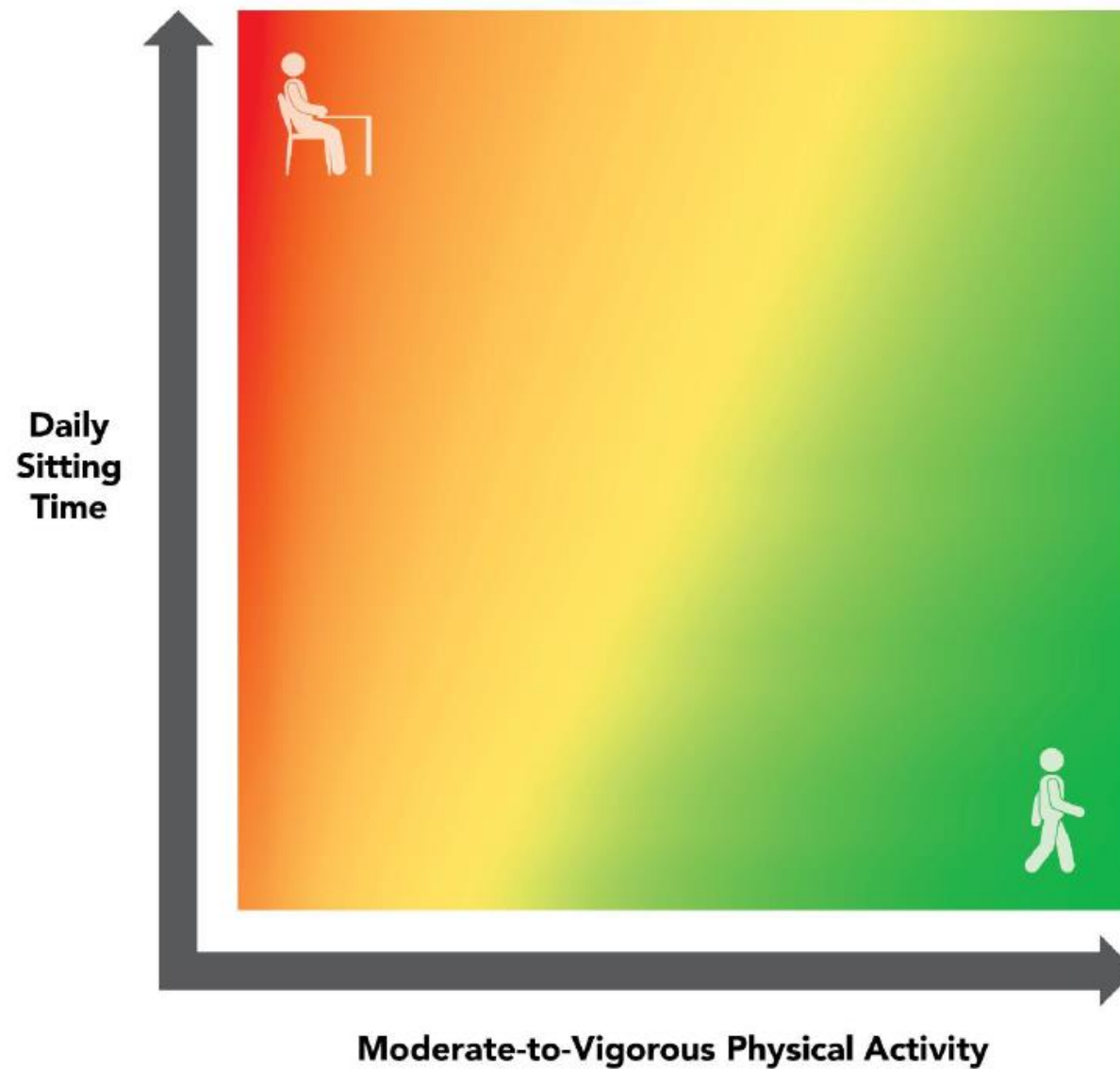
The 2008 Committee reported that inactive individuals can achieve substantial health gains by increasing their activity level even if they do not reach the target range. Since 2008, substantially more information in the scientific literature documents the value of reducing inactivity even if the 150- to 300-minute weekly target range is not achieved. Here is a brief review of the major findings.

- For individuals who perform no or little moderate-to-vigorous physical activity, replacing sedentary behavior with light-intensity physical activity reduces the risk of all-cause mortality, cardiovascular disease incidence and mortality, and the incidence of type 2 diabetes. Before this report, evidence that light-intensity physical activity could provide health benefits had not been clearly stated.
- Individuals who perform no or little moderate-to-vigorous physical activity, no matter how much time they spend in sedentary behavior, can reduce their health risks by gradually adding some or more moderate-intensity physical activity.
- For individuals whose amount of moderate-to-vigorous physical activity is below the current public health target range of 150 to 300 minutes of moderate-intensity physical activity, even

Mikä muuttuu – paikallaanolon haitat

RECOMMENDATIONS The PAG provides information and guidance on the types and amounts of physical activity to improve a variety of health outcomes for multiple population groups. Preschool-aged children (3 through 5 years) should be physically active throughout the day to enhance growth and development. Children and adolescents aged 6 through 17 years should do 60 minutes or more of moderate-to-vigorous physical activity daily. Adults should do at least 150 minutes to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. They should also do muscle-strengthening activities on 2 or more days a week. Older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities. Pregnant and postpartum women should do at least 150 minutes of moderate-intensity aerobic activity a week. Adults with chronic conditions or disabilities, who are able, should follow the key guidelines for adults and do both aerobic and muscle-strengthening activities. Recommendations emphasize that moving more and sitting less will benefit nearly everyone. Individuals performing the least physical activity benefit most by even modest increases in moderate-to-vigorous physical activity. Additional benefits occur with more physical activity. Both aerobic and muscle-strengthening physical activity are beneficial.

Figure D-2. Relationship Among Moderate-to-Vigorous Physical Activity, Sitting Time, and Risk of All-Cause Mortality



Risk of all-cause mortality decreases as one moves from red to green.

Mikä muuttuu – paikallaanolon haitat

Part D. Integrating the Evidence

At the lowest volume of moderate-to-vigorous physical activity (the ordinate), the risk of all-cause mortality increases as time spent sitting increases. This suggests that for individuals who do not perform any moderate-to-vigorous physical activity, replacing sitting time with light-intensity physical activities, such as walking at 2 miles per hour, dusting or polishing furniture, or easy gardening, reduces the risk of all-cause mortality. Although the risk of all-cause mortality is reduced as the time spent in sedentary behavior is reduced, even the individuals who sit the least have an elevated risk if they perform no moderate-to-vigorous physical activity. High volumes of moderate-to-vigorous physical activity appear to remove the risk of all-cause mortality associated with high volumes of sitting. Very low time spent sitting reduces but does not eliminate the risk of no moderate-to-vigorous physical activity.

The heat map demonstrates that many combinations of less sitting time and more moderate-to-vigorous physical activity are associated with reduced risk of all-cause mortality. Figure D-2 is based on firm evidence for all-cause and cardiovascular mortality, outcomes with well-established dose-response relationships with sedentary behavior and moderate-to-vigorous physical activity. The dose-response relationships for various combinations of sedentary behavior and moderate-to-vigorous physical activity with other health outcomes are unknown. A similar pattern seems likely, but other patterns may emerge as additional research on other outcomes is conducted.

Mikä muuttuu – fyysinen kunto huomioon

Relative Intensity

For the general young to middle-aged adult population, the terms used to describe the rate of energy expenditure – light, moderate, vigorous – adequately represent the perceived level of effort to perform an activity. Older individuals, those with certain physical impairments, or individuals who have been very inactive may have a lower aerobic capacity and, as a result, may perceive the activity to be relatively more difficult to perform,²³ thereby creating a mismatch between the word used to describe the absolute rate of energy expenditure and the individual's perceived level of effort.

Relative intensity refers to the ease or difficulty with which an individual performs any given physical activity. It has a physiologic basis and can be described using physiologic parameters, such as percent of

Mikä muuttuu – liikkumalla parempaa unta

Question 2. Does current evidence indicate that people who habitually perform greater amounts of moderate-to-vigorous physical activity feel better and sleep better?

People who are more physically active feel better and sleep better (see *Part F. Chapter 3. Brain Health*).

In addition to reductions in risk for a variety of chronic health diseases and conditions, strong evidence demonstrates that more physically active people consistently report better quality of life, reduced anxiety, and reduced feelings of depression. The improved feelings have been observed in both observational cohort studies and experimental trials. Strong evidence also demonstrates that people who are more physically active sleep better. Laboratory assessments of sleep using polysomnography demonstrate that greater volumes of moderate-to-vigorous physical activity are associated with reduced sleep latency (taking less time to fall asleep), improved sleep efficiency (higher percentage of time in bed actually sleeping), improved sleep quality, and more deep sleep. Research using standardized self-reported assessments of sleep demonstrate that a greater volume of moderate-to-vigorous physical activity is associated with significantly less daytime sleepiness, better sleep quality, and a reduced frequency of use of medication to aid sleep. These improvements in sleep are reported



LIKKUMALLA TERVEYTTÄ – askel kerrallaan

#liikkumallaterveyttä #liikkumisensuositus

MITEN PALJON OLISI HYVÄ LIIKKUA?

Muutaman minuutin pätkät kerrallaan riittävät.





Lihaskuntoa ja liikehallintaa toimintakyvyn tueksi

ainakin 2 kertaa viikossa

- Kuormita suuria lihasryhmiä ja haasta tasapainoa tavallista enemmän.
- Valitse oma tapasi: porraskävely, raskaat pihatyöt, ryhmäliikunta, kuntosali, pallopelit.



Reipasta liikkumista terveydeksi

ainakin 2 t 30 min viikossa

- Kaikki sydämesi sykettä nopeuttava liikkuminen kelpaa.

Liikkuminen on reipasta, jos pystyt puhumaan hengästymisestä huolimatta.

TAI



Rasittavaa liikkumista kunnon vuoksi

ainakin 1 t 15 min viikossa

- Saat samat terveyshyödyt lyhyemmässä ajassa, kun lisäät liikkumisesi tehoa.

Liikkuminen on rasittavaa, jos puhuminen on hankalaa hengästymisen takia.

Samalla kertaa kestävyys & lihaskunto? - YES

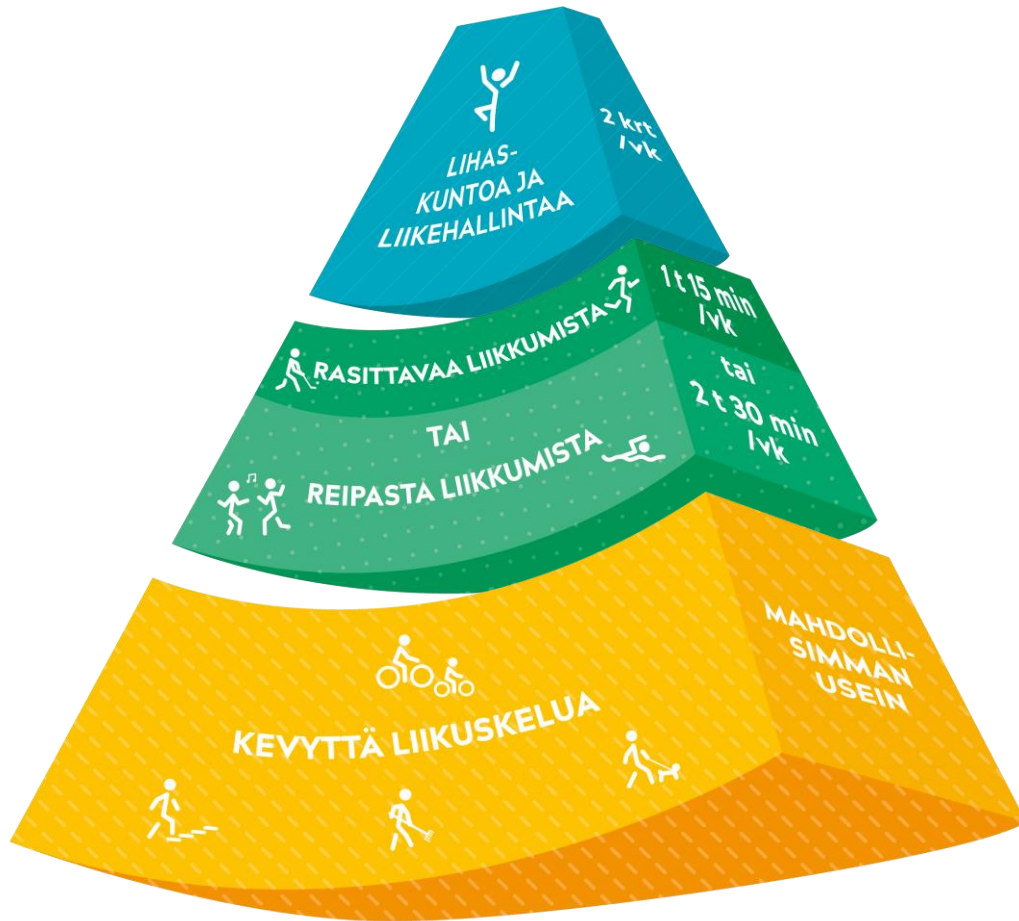
Multicomponent Physical Activity

Multicomponent physical activity programs include a combination of balance, muscle-strengthening, and aerobic physical activity. In addition, these programs also may include gait, coordination, and physical function training. Recreational activities such as dancing, yoga, tai chi, gardening, or sports can also be considered multicomponent because they often incorporate multiple types of physical activity.

ARKI TARJOAA MONIA MAHDOLLISUUKSIA LIIKKUMISEEN

Kaikki liike lasketaan!





Kevyttä liikuskelua

mahdollisimman usein

- Jokainen askel kannattaa: kotiascareet, kauppareissut ja muut tavalliset puuhut.
- Veren sokeri- ja rasva-arvosi parantuvat, nivelesi vetreytyvät, verenkiertosi vilkastuu ja mielesi virkistyy.



Taukoja paikallaanoloon

aina kun voi

Liikuskelu

- aktivoi lihaksiasi
- vähentää kehosi kuormittumista
- lisää tuki- ja liikuntaelimistösi hyvinvointia.



Palauttavaa unta

riittävästi

- Unesta ei kannata tinkiä. Unen aikana aivot jäsentävät ajatuksiasi ja palautut päivän rasituksista.
- Kun heräät virkeänä, tiedät nukkuneesi tarpeeksi.



Liiku omalla tavallasi.
Joka päivä.

LIKKUMINEN VOI SAADA SINUT HETI VOIMAAN PAREMMIN.

- Mielialasi kohenee.
- Ajatuksesi terävöityvät.
- Stressin tunteesi kevenee.
- Nukut paremmin.



LIKKUMALLA RIITTÄVÄSTI VOIT SAADA LISÄÄ TERVEITÄ ELINVUOSIA.

Liikkuminen ennaltaehkäisee, hoitaa ja kuntouttaa monia sairauksia, kuten

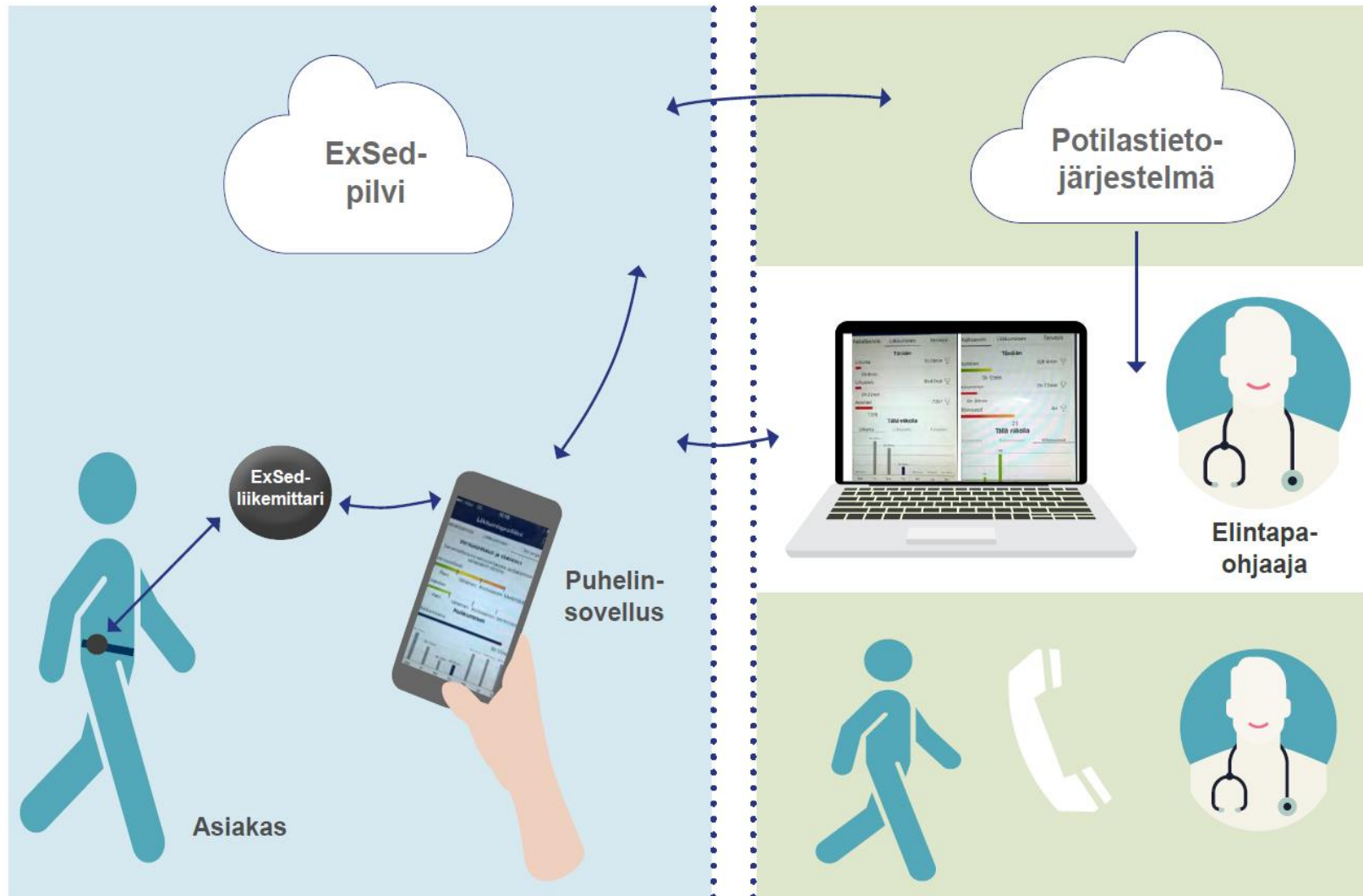
- useita sydän- ja verisuonisairauksia
- tyypin 2 diabetesta
- tuki- ja liikuntaelinsairauksia
- joitakin syöpätauteja.



Johtopäätöksiä ja seurauksia

- Kyselyillä on hyvin hankala jatkossa selvittää suositusten täyttymistä – mittaaminen tulee olemaan ”golden standard”.
- Kunnon mittaaminen osana liikkumisen mittaamista nousee sille paikalleen missä sen pitäisikin olla. Kunto ja liikkuminen yhdessä tehtävä jatkossa yhdessä.
- Suositus antaa keinoja erityisesti vähän liikkuvien liikkumisen edistämiseen. Tämä on tärkeää esim. liikuntaneuvonnassa ja liikkumisen puheeksi ottamisessa.

Mittari + puhelin + pilvi liikuntaneuvonnassa



Mitä suositukset saisi muuttaa Suomessa?

- Yksilön käyttäytyminen – oma valinta.
- Päiväkodit, koulut & opiskelu – lisää liikettä ja vähemmän paikallaanoloa.
- Työpaikat – miten tuemme paikallaanolon päätkimistä istumatyössä. Win-win-win – työntekijä-työnantaja-Suomi!
- Iäkkäiden kotipalvelut ja 24/7-hoiva – liike mukaan osaksi arjen tavoiteohjausta.
- Kaupunkisuunnittelu – aktiiviset matkakaketjut, kävelyä / pyöräilyä tukevat ratkaisut, turvallisuus.
- Toimistojen, virastojen, laitosten, kauppojen, jne arkkitehtuuri ja sisustus. Sen tulisi vähentää paikallaanoloa ja lisätä liikettä.

ukkinstituutti.fi

#tlpäivät #liikkumallaterveyttä #liikkumisensuositus

