



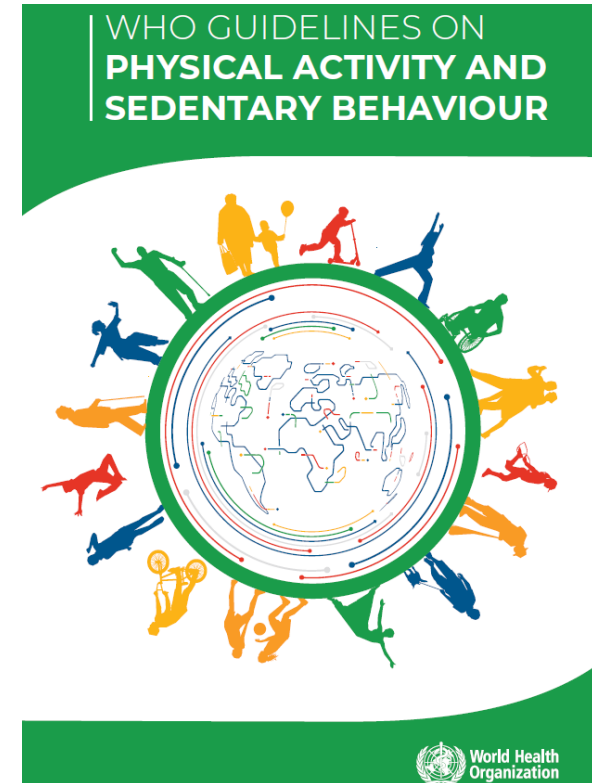
Universität
Zürich^{UZH}

Institut für Epidemiologie, Biostatistik und Prävention

Die neuen Bewegungsempfehlungen der WHO

Anja Frei

Netzwerktagung Gesundheit und Bewegung Schweiz, 8. September 2021





**Universität
Zürich**^{UZH}

Institut für Epidemiologie, Biostatistik und Prävention

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Materialien, Inhalt, Aufbereitung

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Key messages

- 1 Physical activity is good for hearts, bodies and minds.**
Regular physical activity can prevent and help manage heart disease, type-2 diabetes, and cancer which cause nearly three quarters of deaths worldwide. Physical activity can also reduce symptoms of depression and anxiety, and enhance thinking, learning, and overall well-being.
- 2 Any amount of physical activity is better than none, and more is better.** For health and wellbeing, WHO recommends at least 150 to 300 minutes of moderate aerobic activity per week (or the equivalent vigorous activity) for all adults, and an average of 60 minutes of moderate aerobic physical activity per day for children and adolescents.
- 3 All physical activity counts.**
Physical activity can be done as part of work, sport and leisure or transport (walking, wheeling and cycling), as well as every day and household tasks.
- 4 Muscle strengthening benefits everyone.**
Older adults (aged 65 years and older) should add physical activities which emphasize balance and coordination, as well as muscle strengthening, to help prevent falls and improve health.
- 5 Too much sedentary behaviour can be unhealthy.**
It can increase the risk of heart disease, cancer, and type-2 diabetes. Limiting sedentary time and being physically active is good for health.
- 6 Everyone can benefit from increasing physical activity and reducing sedentary behaviour,** including pregnant and postpartum women and people living with chronic conditions or disability.





Was ist neu?

- **Every move counts!** Abkehr von „Zeitfenster/bouts“ von 10 Minuten
- **Sitzende Verhaltensweisen / Inaktivität:** Über alle Gruppen hinweg reduzieren
- Spezifische Empfehlungen für **schwangere Frauen/Frauen nach der Geburt**, Menschen mit **chronischen** Erkrankungen oder **Behinderungen**
- Kinder und Jugendliche: **Durchschnittlich** 60 Min./Tag **über die Woche**
- Erwachsene:
 - **Zielbereich:** 150-**300** Minuten moderate / 75-**150** Min. intensive KA
 - **Wegfall:** „Zeitfenster/bouts“ von mindestens 10 Minuten
- Ältere Erwachsene:
 - Kombination **mehrerer Komponenten** der KA mit Schwerpunkt auf funktionellen Gleichgewichts-/Krafttraining, mind. 3 Tagen/Woche



WHO GUIDELINES ON PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR



AT A GLANCE

WHO GUIDELINES ON PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR



WHO GUIDELINES ON PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

WEB ANNEX Evidence Profiles*



* The main guidelines
document is available at:
<https://apps.who.int/iris/bitstream/handle/10665/336656/9789240015128-eng.pdf>





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WHO Empfehlungen für:



- Kinder <5 Jahre (2019, nicht integriert)
- Kinder und Jugendliche (5-17 Jahre)
- Erwachsene (18-64 Jahre)
- Ältere Erwachsene (65 Jahre und älter)
- Schwangere und Frauen nach der Geburt
- Erwachsene und ältere Erwachsene mit einer chronischen Erkrankung (z.B. Krebs, Bluthochdruck, Typ-2-Diabetes, HIV)
- Erwachsene (18 Jahre und älter) mit Behinderungen
- Kinder und Jugendliche (5-17 Jahre) mit Behinderungen

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- Kinder und Jugendliche (5-17 Jahre) mit Behinderungen

=> Workshops

ADULTS (aged 18–64 years)

In adults, physical activity confers benefits for the following health outcomes: improved all-cause mortality, cardiovascular disease mortality, incident hypertension, incident site-specific cancers,¹ incident type-2 diabetes, mental health (reduced symptoms of anxiety and depression); cognitive health, and sleep; measures of adiposity may also improve.

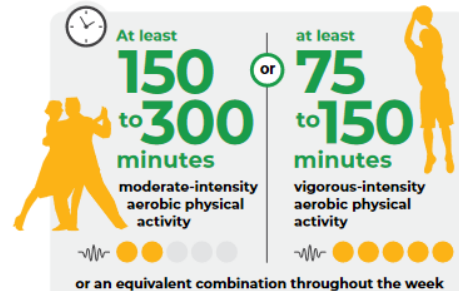
It is recommended that:

- All adults should undertake regular physical activity.

Strong recommendation, moderate certainty evidence

- Adults should do at least 150–300 minutes of moderate-intensity aerobic physical activity; or at least 75–150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week, for substantial health benefits.

Strong recommendation, moderate certainty evidence

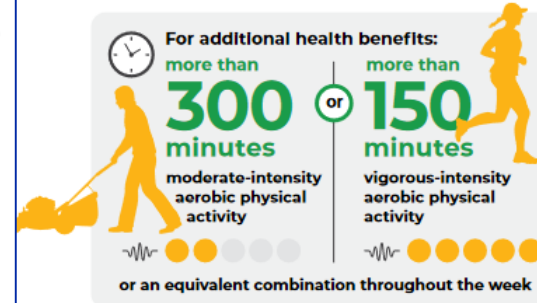


- Adults should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits.

Strong recommendation, moderate certainty evidence



ADULTS (aged 18–64 years)



- Adults may increase moderate-intensity aerobic physical activity to more than 300 minutes; or do more than 150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week for additional health benefits.

Conditional recommendation, moderate certainty evidence

GOOD PRACTICE STATEMENTS

- Doing some physical activity is better than doing none.
- If adults are not meeting these recommendations, doing some physical activity will benefit their health.
- Adults should start by doing small amounts of physical activity, and gradually increase the frequency, intensity and duration over time.

In adults, higher amounts of sedentary behaviour are associated with the following poor health outcomes: all-cause mortality, cardiovascular disease mortality and cancer mortality and incidence of cardiovascular disease, cancer and type-2 diabetes.

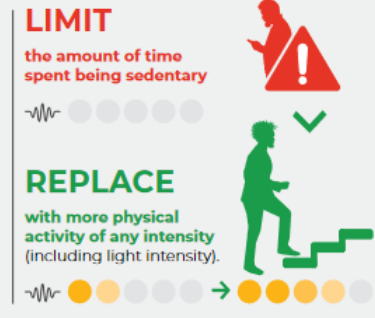
It is recommended that:

- Adults should limit the amount of time spent being sedentary. Replacing sedentary time with physical activity of any intensity (including light intensity) provides health benefits.

Strong recommendation, moderate certainty evidence

- To help reduce the detrimental effects of high levels of sedentary behaviour on health, adults should aim to do more than the recommended levels of moderate- to vigorous-intensity physical activity.

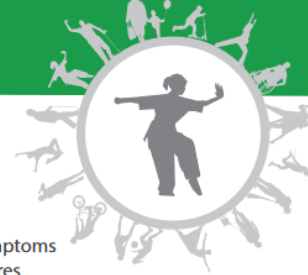
Strong recommendation, moderate certainty evidence



Empfehlungen, Bsp. Erwachsene (18-64 Jahre)

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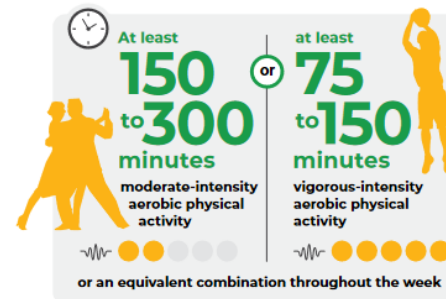
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Strong recommendation, moderate certainty evidence



For additional health benefits:
On at least



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Strong recommendation, moderate certainty evidence



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(aged 18–64 years)



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Einleitende Erklärung, fasst die Auswirkungen auf die Gesundheit zusammen, die mit körperlicher Aktivität / sitzendem Verhalten in Zusammenhang stehen



› Adults should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits.

Strong recommendation, moderate certainty evidence



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(aged 18–64 years)



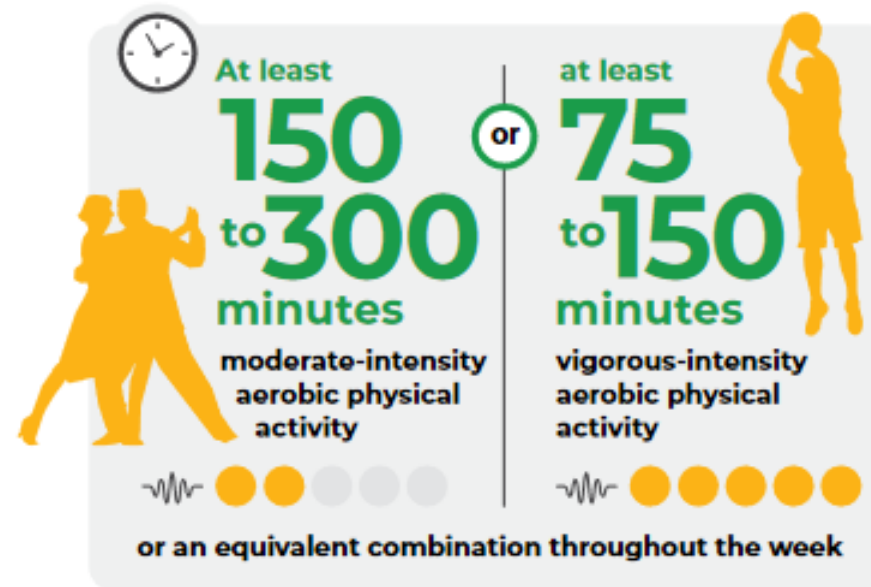
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Strong recommendation, moderate certainty evidence



Empfehlung

Empfehlungen, Bsp. Erwachsene (18-64 Jahre)

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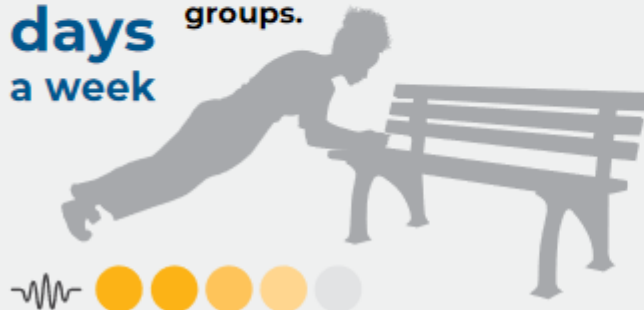
Empfehlung für weiteren Gesundheitsnutzen

For additional health benefits:

On at least


2
days
a week

muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups.

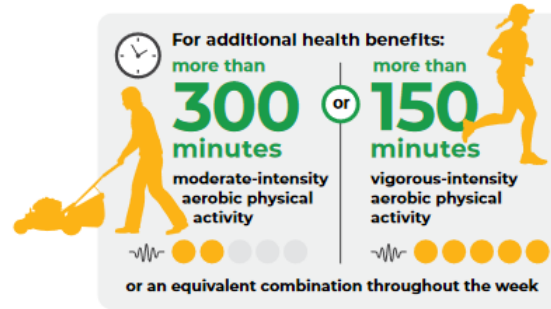


➤ Adults should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits.

Strong recommendation, moderate certainty evidence



ADULTS (aged 18–64 years)



> Adults may increase moderate-intensity aerobic physical activity to more than 300 minutes; or do more than 150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week for additional health benefits.

Conditional recommendation, moderate certainty evidence

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In adults, higher amounts of sedentary behaviour are associated with the following poor health outcomes: all-cause mortality, cardiovascular disease mortality and cancer mortality and incidence of cardiovascular disease, cancer and type-2 diabetes.

It is recommended that:

> Adults should limit the amount of time spent being sedentary. Replacing sedentary time with physical activity of any intensity (including light intensity) provides health benefits.

Strong recommendation, moderate certainty evidence

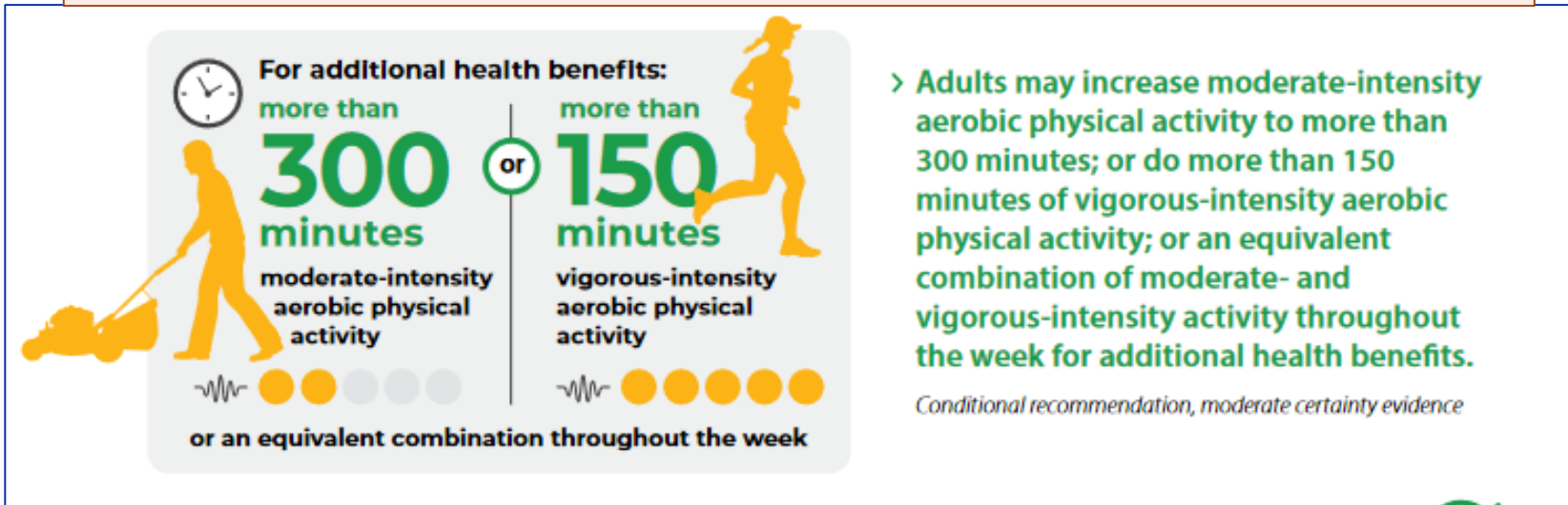
> To help reduce the detrimental effects of high levels of sedentary behaviour on health, adults should aim to do more than the recommended levels of moderate- to vigorous-intensity physical activity.

Strong recommendation, moderate certainty evidence



ADULTS (aged 18–64 years)

Empfehlung für weiteren Gesundheitsnutzen



9

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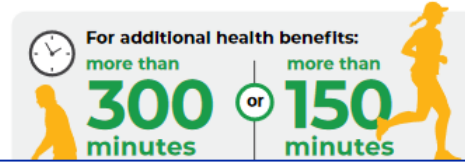
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- Doing some physical activity is better than doing none.
- If adults are not meeting these recommendations, doing some physical activity will benefit their health.
- Adults should start by doing small amounts of physical activity, and gradually increase the frequency, intensity and duration over time.



„Good practice“ Botschaften, wie die Zielgruppe erreicht werden kann

It is recommended that:

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Strong recommendation, moderate certainty evidence

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Strong recommendation, moderate certainty evidence



ADULTS (aged 18–64 years)



> Adults may increase moderate-intensity aerobic physical activity to more than

Empfehlung zur Reduktion von sitzendem Verhalten

In adults, higher amounts of sedentary behaviour are associated with the following poor health outcomes: all-cause mortality, cardiovascular disease mortality and cancer mortality and incidence of cardiovascular disease, cancer and type-2 diabetes.

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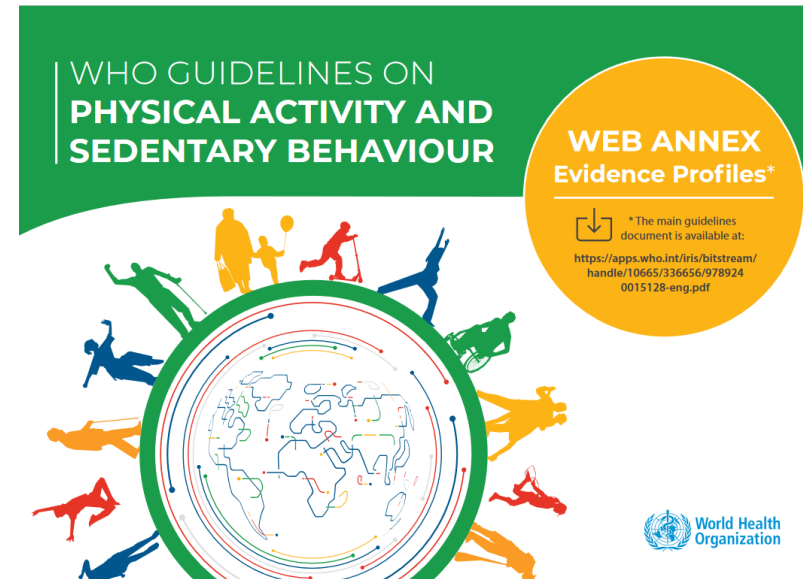
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Strong recommendation, moderate certainty evidence



WHO Richtlinien sind wissenschaftlich fundiert!

- Berücksichtigung der neusten, relevanten Übersichtsarbeiten
- Aktualisierung bestehender Übersichtsarbeiten (Update Umbrella Reviews)
- Einschätzung der Evidenz (GRADE)
- Systematischer und umfassender Prozess der Guideline-Entwicklung



Dosis-Wirkungsbeziehung (=> Every Move Counts / 150-300 Min)

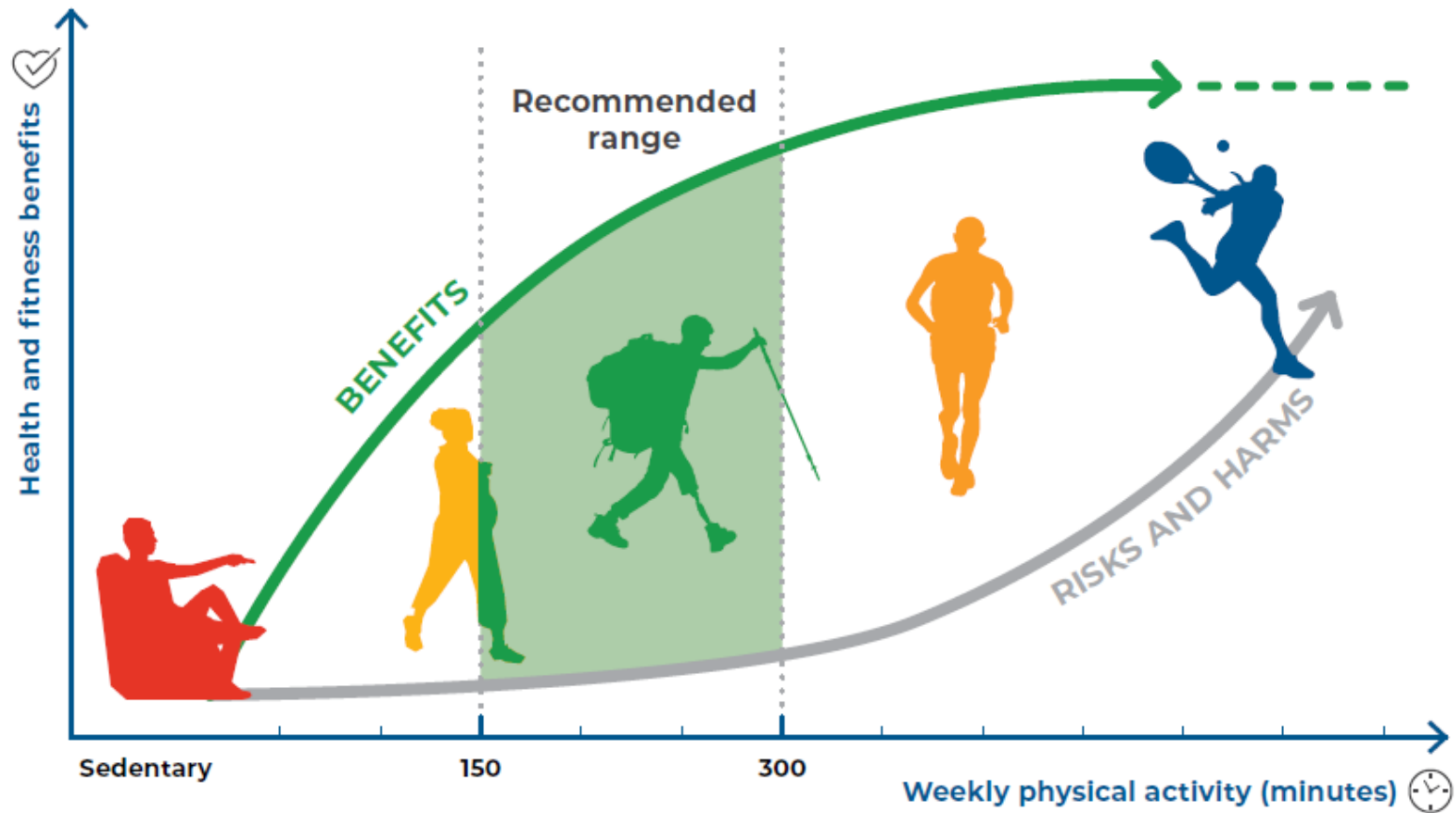


Figure 1: Dose response curve

Evidenz für Every Move Counts / 150-300 Minuten

RESEARCH

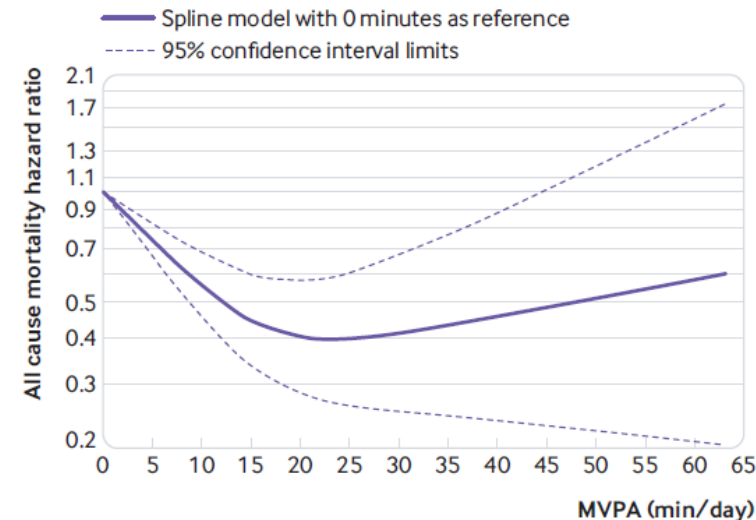
thebmj | *BMJ* 2019;366:l4570 | doi: 10.1136/bmj.l4570

Dose-response associations between accelerometry measured physical activity and sedentary time and all cause mortality: systematic review and harmonised meta-analysis

Ulf Ekelund,^{1,2} Jakob Tarp,¹ Jostein Steene-Johannessen,¹ Bjørge H Hansen,¹ Barbara Jefferis,³ Morten W Fagerland,^{1,4} Peter Whincup,⁵ Keith M Diaz,⁶ Steven P Hooker,⁷ Ariel Chernofsky,⁸ Martin G Larson,⁸ Nicole Spartano,⁹ Ramachandran S Vasan,¹⁰ Ing-Mari Dohrn,¹¹ Maria Hagströmer,^{11,12} Charlotte Edwardson,^{13,14} Thomas Yates,^{13,14} Eric Shiroma,¹⁵ Sigmund A Anderssen,¹ I-Min Lee^{16,17}

- Metaanalyse von 8 Kohortenstudien (n=36'383)
- Follow-up (Median): 5.8 Jahre (zwischen 3-14.5 Jahre)

Level körperliche Aktivität	Risiko für Gesamtsterblichkeit (HR, 95%CI)
1. Quartil (0-25%)	1
2. Quartil (25-50%)	0.48 (0.43-0.54)
3. Quartil (50-75%)	0.34 (0.26-0.45)
4. Quartil (75-100%)	0.27 (0.23-0.32)



Maximale Risikoreduktion: bei 24 Minuten (≈ 150 pro Woche)



Take Home Messages

- Jede körperliche Aktivität zählt und ist besser als keine
 - Besonders profitieren Personen, die aktuell sehr wenig aktiv sind
 - WHO Richtlinien sind evidenzbasiert und sehr gut aufbereitet
 - WHO Richtlinien enthalten spezifische Empfehlungen für 7 Personengruppen
-
- Diskussion in Workshops am Nachmittag



**Universität
Zürich**^{UZH}

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Every Move Counts

<https://www.youtube.com/watch?v=jY7YvglA92s>

