### Physical activity/sport and mental health benefits – confident and resilient kids



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**A broader introduction** **to physical activity in** **Australia and its role in** **obesity prevention**

### But first – a definition

#### What is ‘physical activity’

* ‘exercise’



* Sport
* Physical activity



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What is children’s PA?

* Structured – **Sport**and PE: rules; may need location/equipment; training, skills development

#### Un-structured (non- organised) – free PLAY!

* Active transport (walking, cycling, scooting etc.) to get to places

#### THE NEW WHO GLOBAL ACTION PLAN

ON PHYSICAL ACTIVITY 2018 – 2030



#GAPPA

#BEACTIVE

GLOBAL ACTION PLAN ON PHYSICAL ACTIVITY 2018-2030

**MOREACTIVE PEOPLE FOR A HEALTHIER WORLD**



* Everyone
* EverywherEveryday
* •

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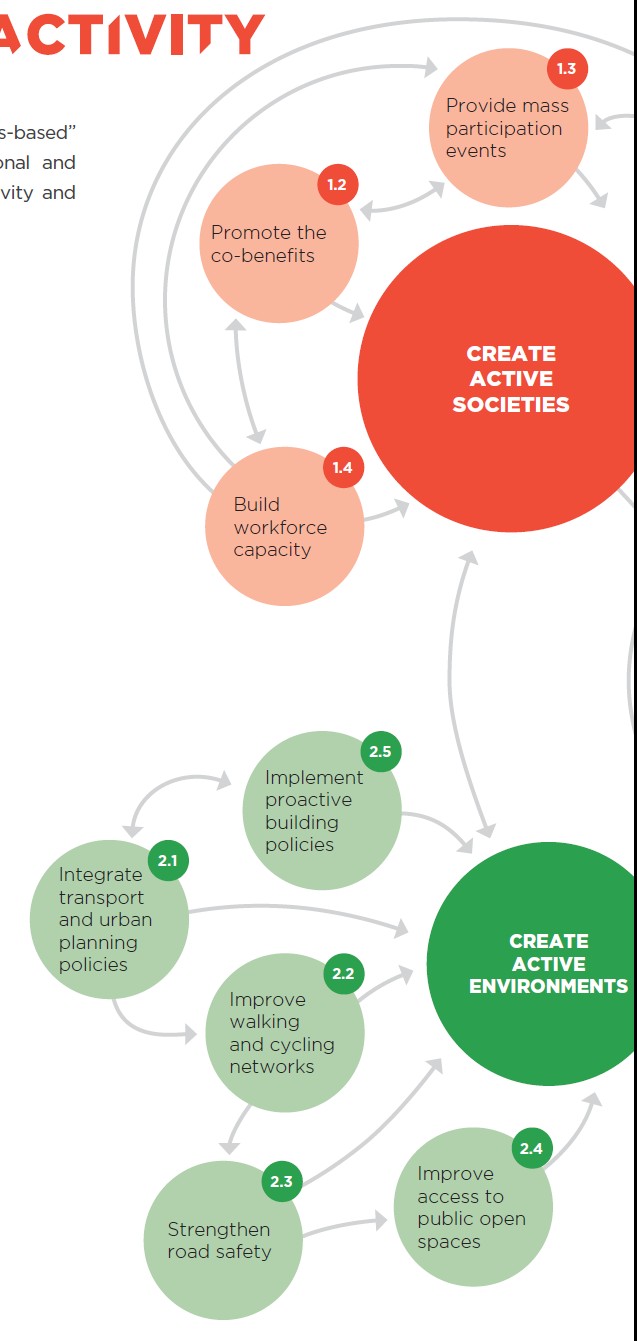
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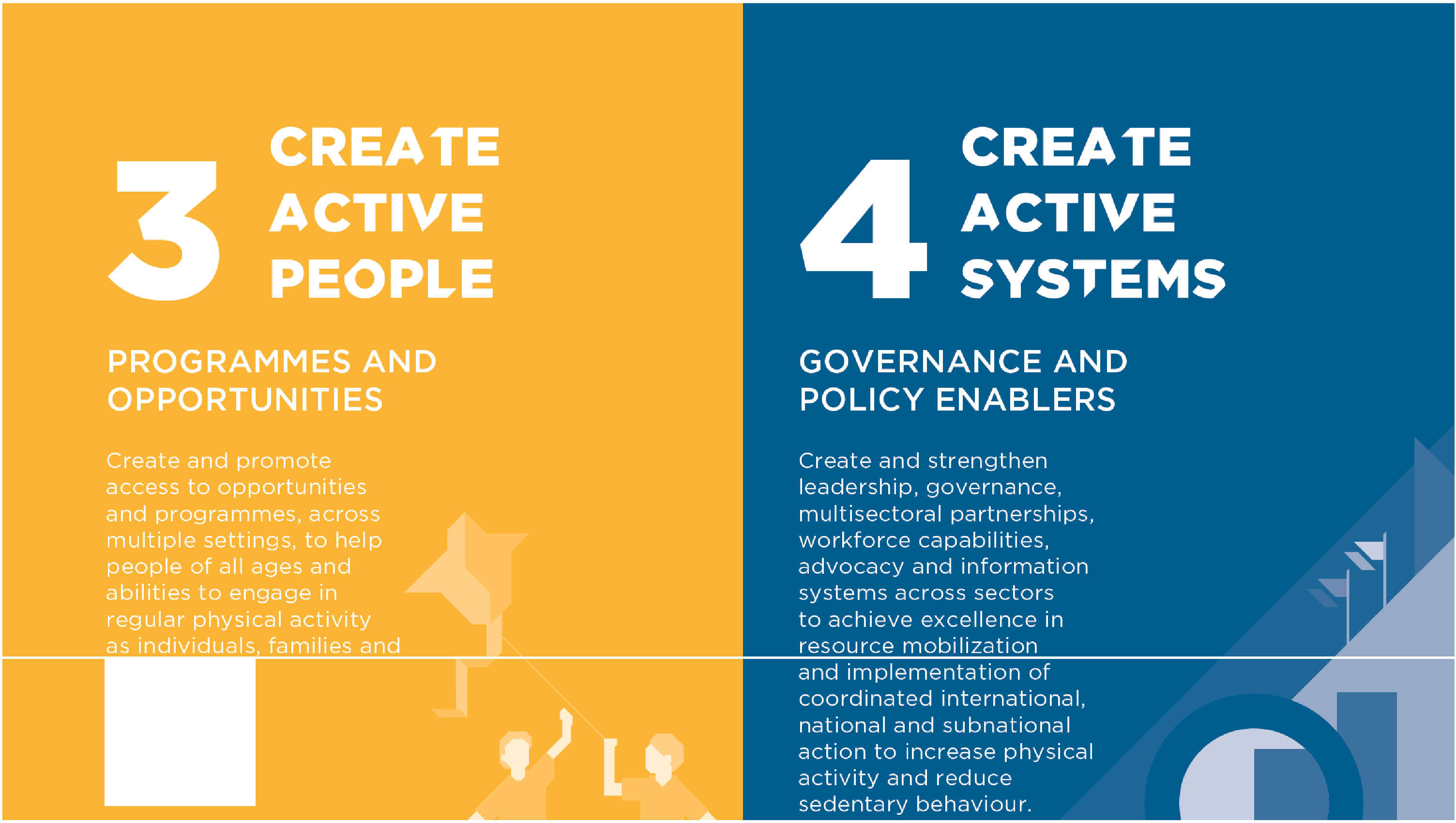


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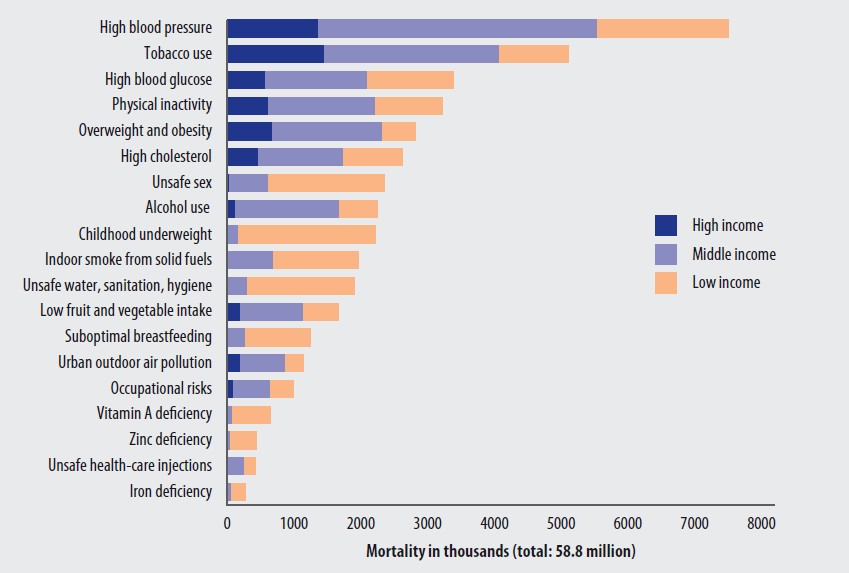


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RISKS OF PHYSICAL INACTIVITY – independent effects in its own right as well as a significant **contributor to obesity**

**Clear** **reasons for** **“getting Australia** **more active”**

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**4TH LEADING RISK FACTOR FOR GLOBAL**

**MORTALITY, WHO 2009; Lancet PA series 2012**

### Benefits of PA for children

###### Image result for kids at swimming lessonsDevelop the lifelong habit of being active

**Social skills and integration,** **reduce isolation**

**Long term chronic disease** **prevention**

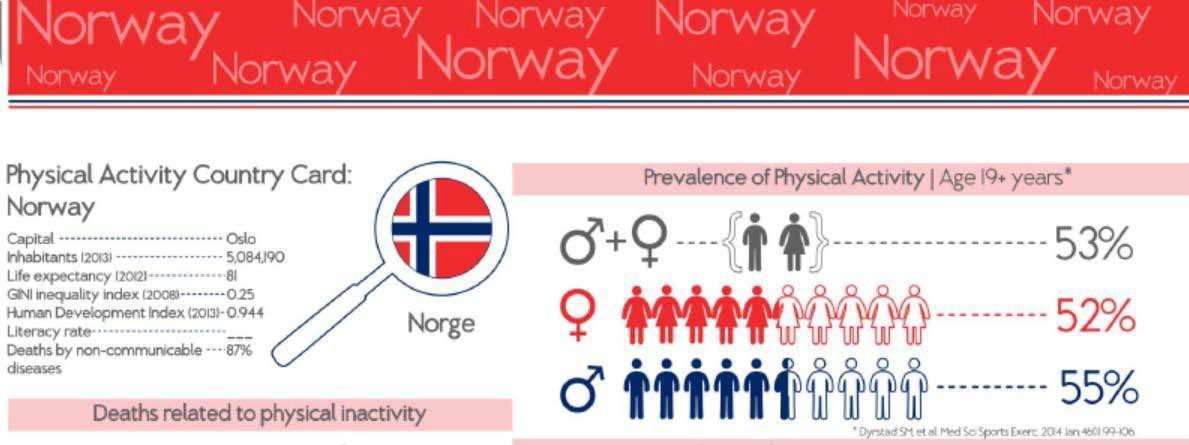
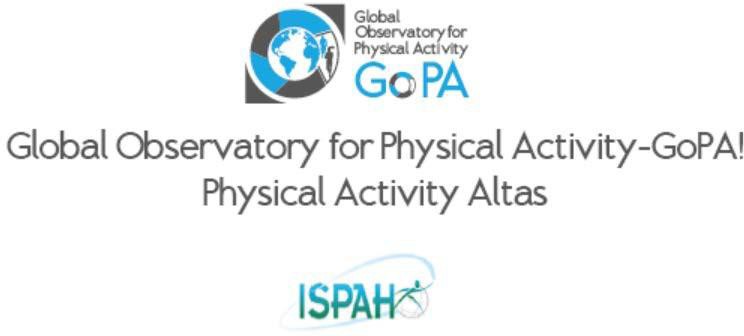
# How are we doing in physical activity in Australia overall ?

***Some*** ***“disconnections”*** ***emerged*** ***for*** ***me*** ***between*** ***PA*** ***research and*** ***policy*** ***outputs***

Consider the Global Atlas of physical activity : GoPA ! <http://www.globalphysicalactivityobservatory.com/>

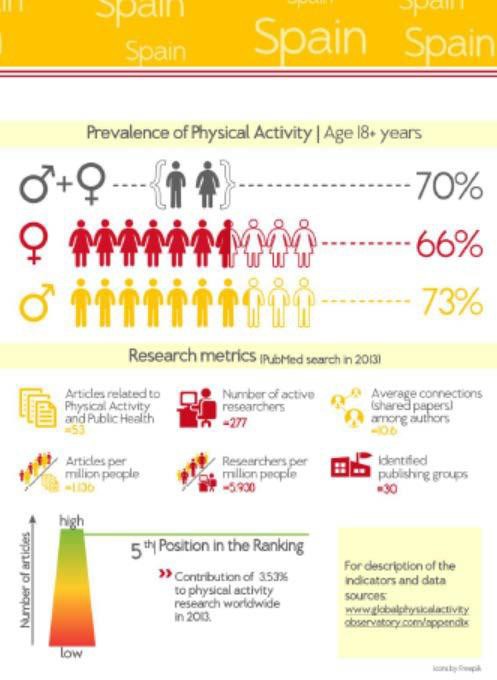
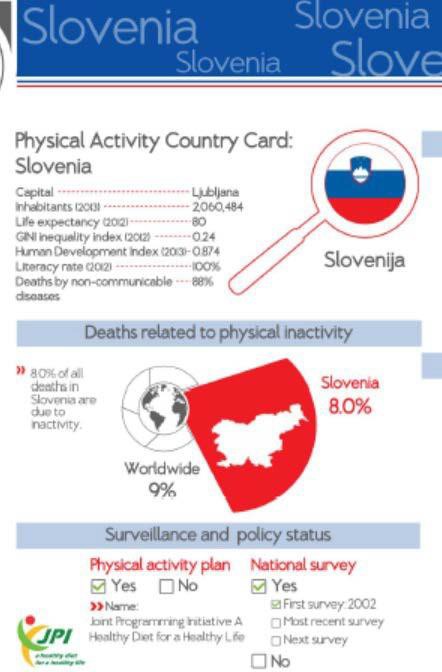
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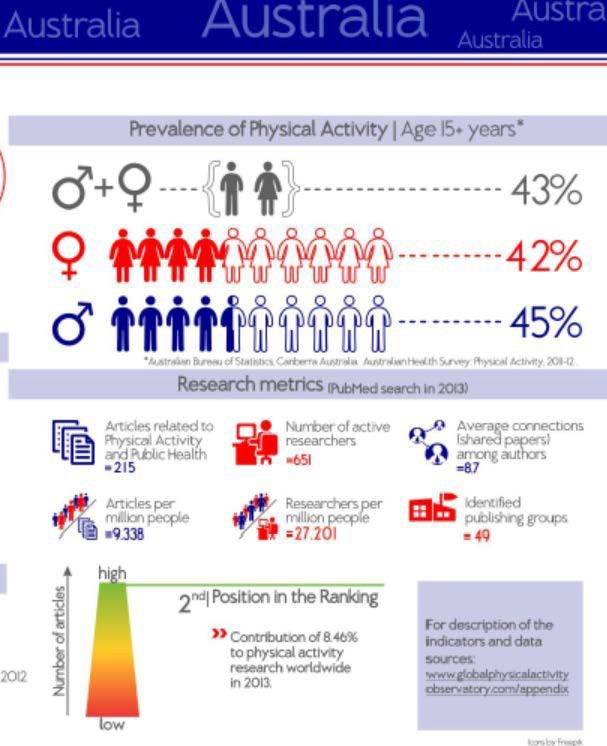
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###### Australia



* + Low active population
  + **High research output**
  + No physical activity plan

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**Australia** **–** **the land of** **disconnect** **…**

**PUBLISHING**

**Low active population**

**RESEARCH**

**PREVALENCE**

**High research output**

The University of Sydney

**No** **physica****l activit****y plan**

**P****O****L****I****CY**

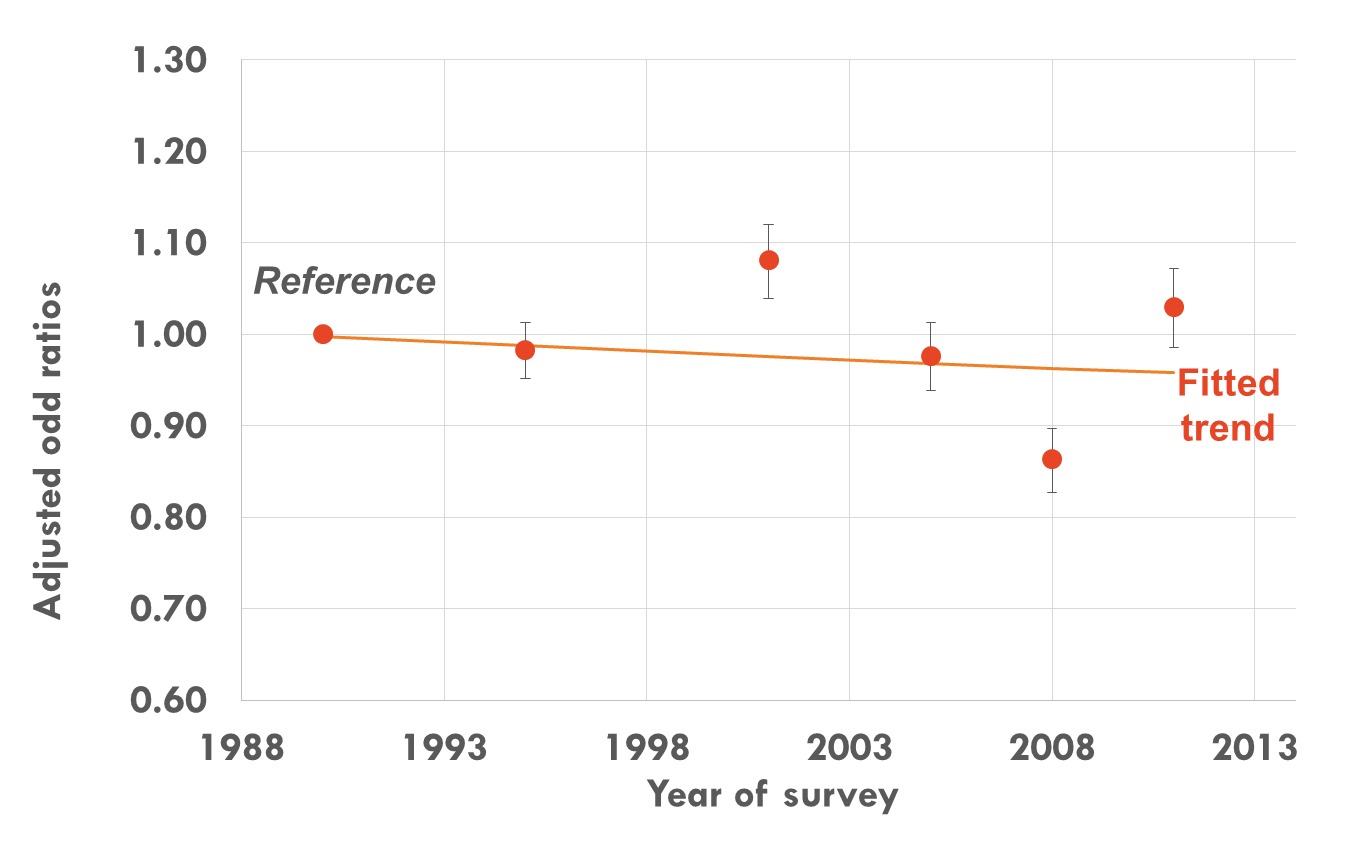
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**22 year trends in leisure-****time** **physical activity in Australian** **adults**

**Chau J, et al 2017 ANZJPH**

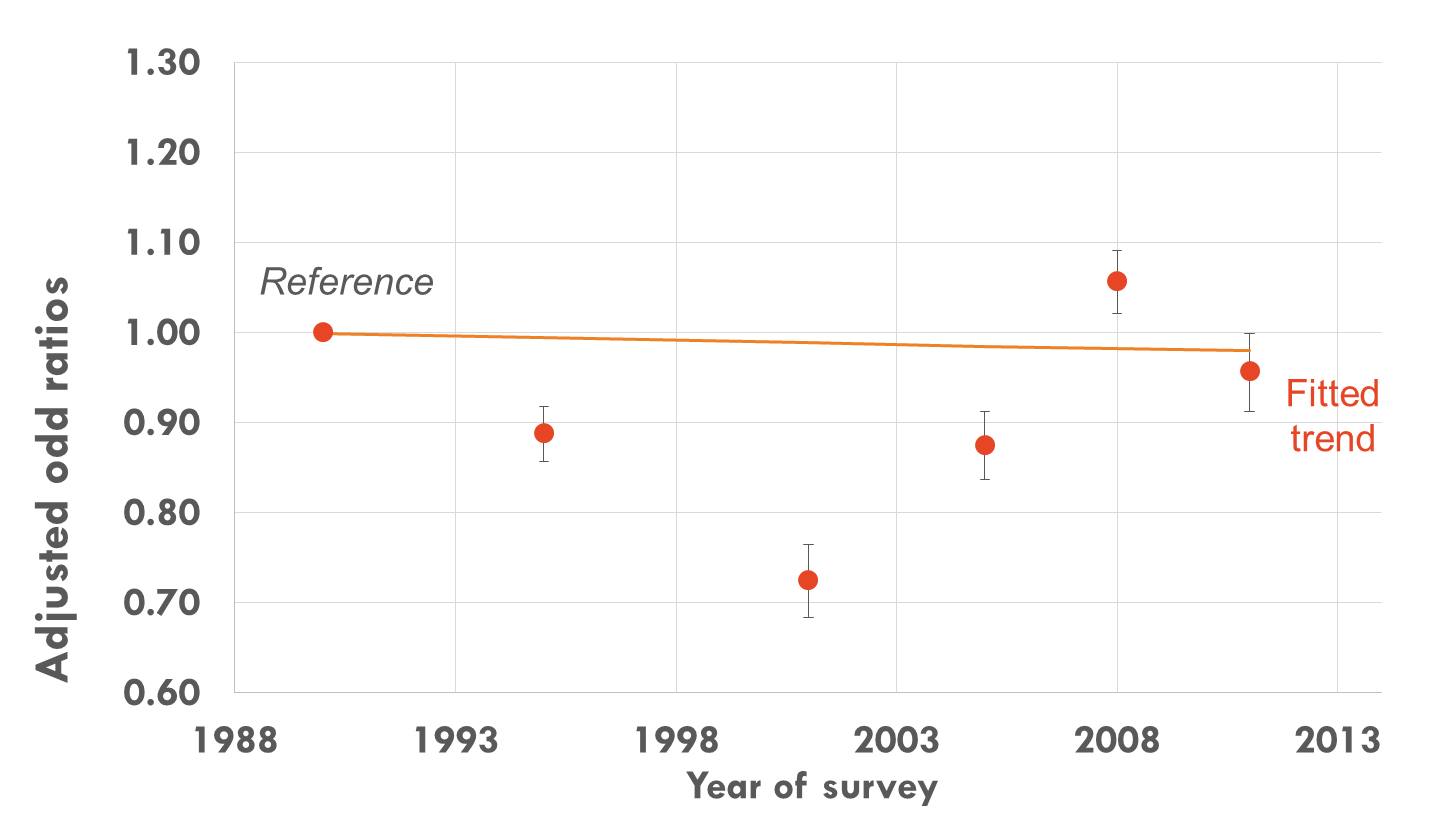
**comparable NHS national** **surveillance data, 1989-****2011**

Trends in prevalence of sufficient physical activity

**Overall fitted trend for years:**OR = 0.998; p=0.012

**Interpretation:**There was a 0.2% decrease per year over 22 years in

prevalence of sufficient physical activity

Trends in physical inactivity [low-nil activity]

**Overall fitted trend for years: OR = 0.999; p=0.242**

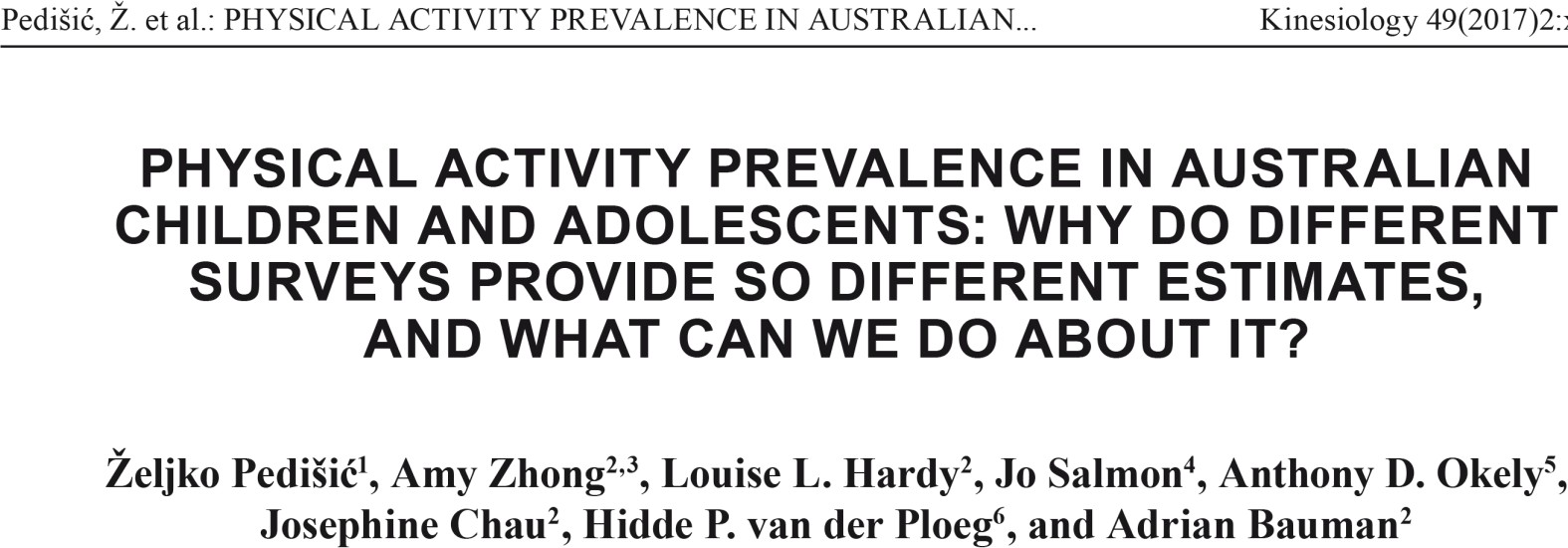
**Interpretation: No change over 22 years in prevalence of inactivity**

# NO DEFINED SYSTEM OF PHYSICAL

ACTIVITY MONITORING FOR CHILDREN AND ADOLESCENTS

# IN AUSTRALIA

**Physical activity** **guideline : at least 60** **mins/day of** **moderate****-vigorous** **physical activity**



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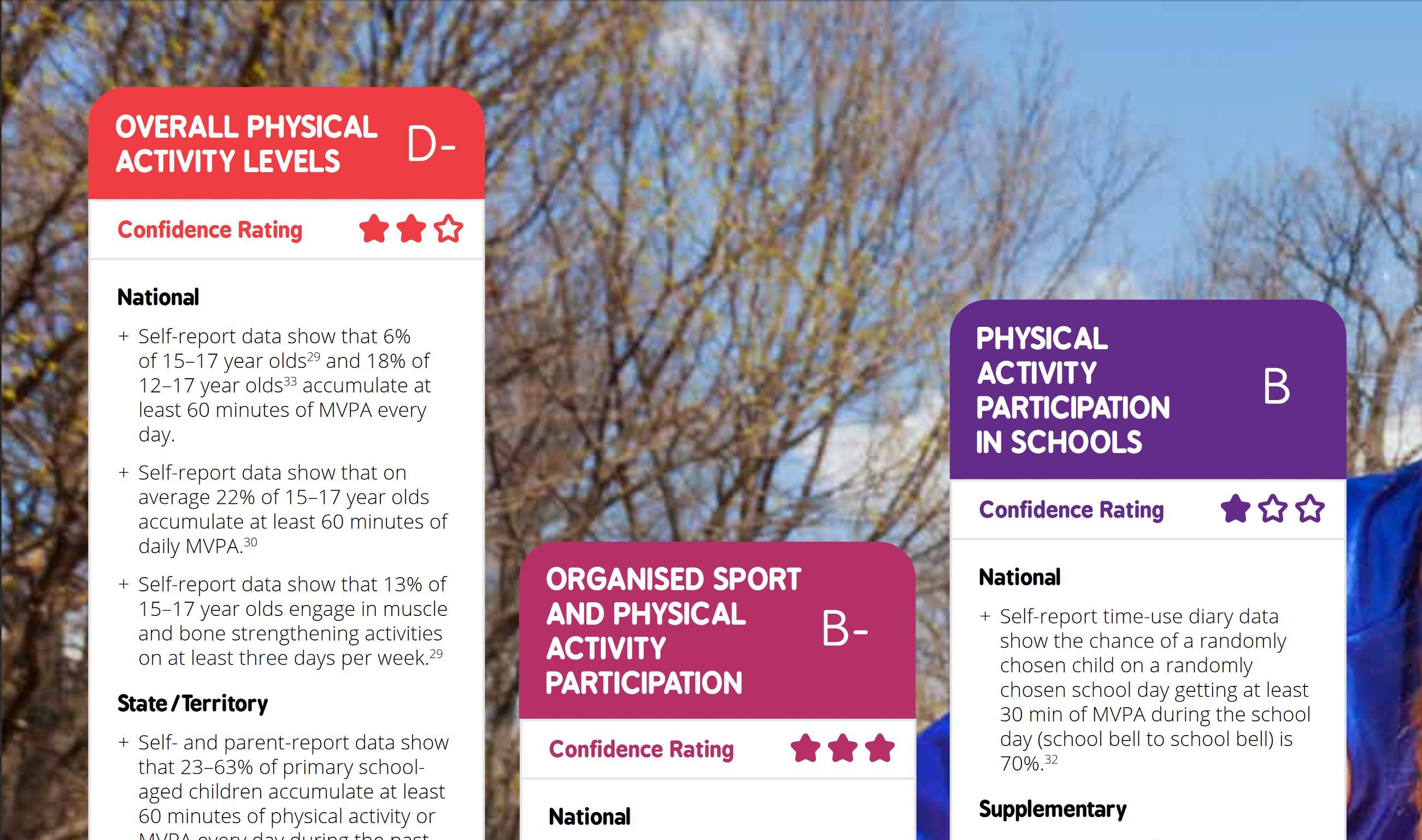
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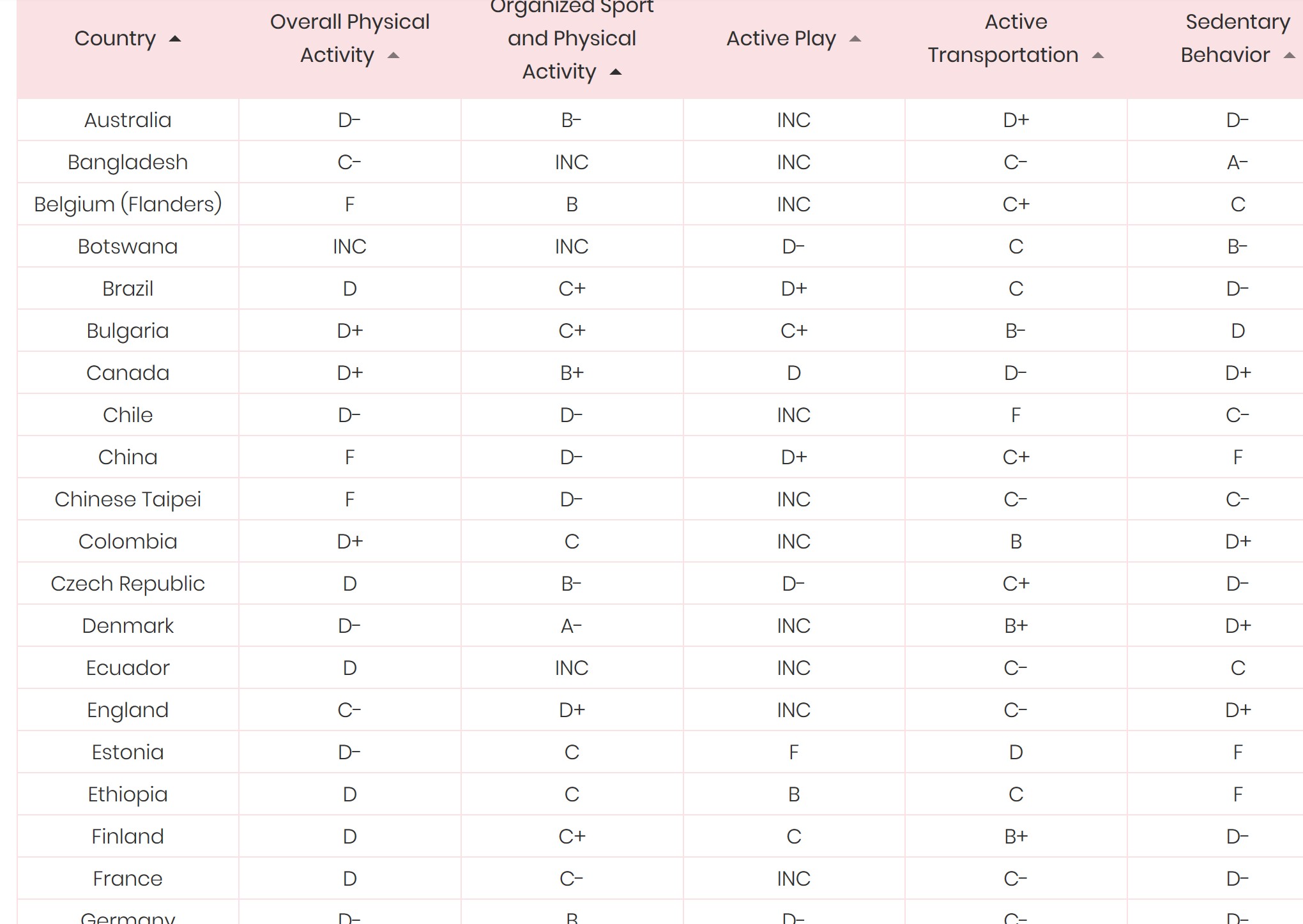
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Australian kids PA report card 2018



International report card on Children’s PA levels, programs and policies, 2018



**If we think of obesity as the result of energy** **imbalance….**

*Likely eating* *more*

*Likely*

*expending less ?*



**Energy expended [total PA]**

**Energy Input [food]**

## ROLE IN OBESITY PREVENTION

**Diet OR physical activity in weight loss and** **weight loss maintenance ?**

##### Diet most important ?? 2/3 of the solution is dietary modification / restriction/ regulation

* **Physical activity important ? 1/3 of the solution**

##### But physical activity improves metabolic health at any weight [even in the absence of weight loss]

CONCLUSIONS

* 1. **Australia needs a standalone PA plan, resourced implementation strategy**
  2. **Subsuming PA under obesity strategies never realises sustained change in** **the cross****-agency work required to make a more “Active Australia”**
  3. **The National Sport Policy is a start, but only relates to one sector**
  4. **Leadership, taskforce, national steering processes with imprimatur to act** **remain absent for physical activity**
  5. **Offering a short term strategy is not delivering a** **longterm** **solution**
  6. **Only integrated and substantial effort on activating Australians would** **contribute to obesity prevention in meaningful ways**