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'











• Physical activity







What is children's PA?

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





 Un-structured (nonorganised) – 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

MORE ACTIVE PEOPLE FOR A HEALTHIER WORLD









CREATE ACTIVE SOCIETIES

SOCIAL NORMS AND ATTITUDES

Create a paradigm shift in all of society by enhancing knowledge and understanding of, and appreciation for, the multiple benefits of regular physical activity, according to ability and at all ages.

CREATE ACTIVE ENVIRONMENTS

SPACES AND PLACES

Create and maintain environments that promote and safeguard the rights of all people, of all ages, to have equitable access to safe places and spaces, in their cities and communities, in which to engage in regular physical activity, according to ability.

CREATE ACTIVE PEOPLE

PROGRAMMES AND OPPORTUNITIES

Create and promote access to opportunities and programmes, across multiple settings, to help people of all ages and abilities to engage in regular physical activity as individuals, families and communities.

CREATE ACTIVE SYSTEMS

GOVERNANCE AND POLICY ENABLERS

Create and strengthen leadership, governance, multisectoral partnerships, workforce capabilities, advocacy and information systems across sectors to achieve excellence in resource mobilization and implementation of coordinated international, national and subnational action to increase physical activity and reduce sedentary behaviour.

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



Benefits of PA for children





Develop 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 ! <u>http://www.globalphysicalactivityobservatory.com/</u>



The University of Sydney













The University of Sydney

Chau J, et al 2017 ANZJPH

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

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 Pedišić, Ž. et al.: PHYSICAL ACTIVITY PREVALENCE IN AUSTRALIAN...

Kinesiology 49(2017)2::

PHYSICAL ACTIVITY PREVALENCE IN AUSTRALIAN CHILDREN AND ADOLESCENTS: WHY DO DIFFERENT SURVEYS PROVIDE SO DIFFERENT ESTIMATES, AND WHAT CAN WE DO ABOUT IT?

Željko Pedišić¹, Amy Zhong^{2,3}, Louise L. Hardy², Jo Salmon⁴, Anthony D. Okely⁵, Josephine Chau², Hidde P. van der Ploeg⁶, and Adrian Bauman²



Legend: Children – primary school children (~5-12 years of age or the lowest age category where no overall data were available); Adolescents – secondary school children (~13-18 years of age or the highest age category where no overall data were available);



Australian kids PA report card 2018

B-

OVERALL PHYSICAL D-**ACTIVITY LEVELS**

Confidence Rating



- ***

National

- + Self-report data show that 6% of 15–17 year olds²⁹ and 18% of 12–17 year olds³³ accumulate at least 60 minutes of MVPA every day.
- + Self-report data show that on average 22% of 15–17 year olds accumulate at least 60 minutes of daily MVPA.³⁰
- + Self-report data show that 13% of 15–17 year olds engage in muscle and bone strengthening activities on at least three days per week.²⁹

State / Territory

+ Self- and parent-report data show that 23–63% of primary schoolaged children accumulate at least 60 minutes of physical activity or MAVIDA avany day during the pact

ORGANISED SPORT AND PHYSICAL ACTIVITY PARTICIPATION

Confidence Rating

National

PHYSICAL ACTIVITY PARTICIPATION **IN SCHOOLS**

Confidence Rating

★☆☆

В

National

+ Self-report time-use diary data show the chance of a randomly chosen child on a randomly chosen school day getting at least 30 min of MVPA during the school day (school bell to school bell) is 70%.32

Supplementary

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



Country 🔺	Overall Physical Activity 🔺	Organized Sport and Physical Activity 🔺	Active Play 🔺	Active Transportation 🔺	Sedentary Behavior 🔺
Australia	D-	B-	INC	D+	D-
Bangladesh	C-	INC	INC	C-	A-
Belgium (Flanders)	F	В	INC	C+	С
Botswana	INC	INC	D-	С	B-
Brazil	D	C+	D+	С	D-
Bulgaria	D+	C+	C+	B-	D
Canada	D+	B+	D	D-	D+
Chile	D-	D-	INC	F	C-
China	F	D-	D+	C+	F
Chinese Taipei	F	D-	INC	C-	C-
Colombia	D+	С	INC	В	D+
Czech Republic	D	B-	D-	C+	D-
Denmark	D-	A-	INC	B+	D+
Ecuador	D	INC	INC	C-	С
England	C-	D+	INC	C-	D+
Estonia	D-	С	F	D	F
Ethiopia	D	С	В	С	F
Finland	D	C+	С	B+	D-
France	D	C-	INC	C-	D-
Germany	D-	B	D-	<u> </u>	D-

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



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