

Stroke Foundation response to 24Hr Movement Behaviour Guidelines - Feedback Survey

Example 24-Hour Movement Guidelines for the population(s) you have selected are shown below. The following questions will ask for your feedback on each component of the guidelines.

GUIDELINES FOR ADULTS 18-64 YEARS

For health benefits, adults should be physically active each day, minimise sedentary behaviour and achieve sufficient sleep.

A healthy 24-hours includes:

Physical Activity

Performing a variety of types and intensities of physical activity, which includes:

- Moderate to vigorous aerobic physical activities such that there is an accumulation of at least 150 minutes per week
- Muscle strengthening activities using major muscle groups at least twice a week
- Several hours of light physical activities, including standing

Sedentary Behaviour

Limiting sedentary time to 8 hours or less, which includes:

- No more than 3 hours of recreational screen time, and
- Breaking up long periods of sitting as often as possible

Sleep

Getting 7 to 9 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times.

Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.

Progressing towards any of the above targets will result in some health benefits.

GUIDELINES FOR OLDER ADULTS OVER 65 YEARS

For health benefits, older adults should be physically active each day, minimise sedentary behaviour and achieve sufficient sleep.

A healthy 24-hours includes:

Physical Activity:

Performing a variety of types and intensities of physical activity, which includes

- **Moderate to vigorous aerobic physical activities such that there is an accumulation of at least 150 minutes per week**
- **Muscle strengthening activities using major muscle groups at least twice a week**
- **Physical Activities that challenge balance**
- **Several hours of light physical activities, including standing**

Sedentary Behaviour

Limiting sedentary time to 8 hours or less, which includes

- **No more than 3 hours of recreational screen time, and**
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Progressing towards any of the above targets will result in some health benefits.

PHYSICAL ACTIVITY RECOMMENDATION FOR ADULTS

A healthy 24-hours includes:

Performing a variety of types and intensities of physical activity, which includes:

- **Moderate to vigorous aerobic physical activities such that there is an accumulation of at least 150 minutes per week**
- **Muscle strengthening activities using major muscle groups at least twice a week**
- **Several hours of light intensity physical activities, including standing**

The physical activity recommendations are clearly stated.

- Strongly Agree
- Somewhat Agree
- Neither Agree Nor Disagree
- **Somewhat Disagree**
- Strongly Disagree

Please enter any comments you have regarding the physical activity recommendations below.

Clarity that muscle strengthening and LPA are in addition to the 150 minutes of MVPA. Also, is there a better word than 'performing'?

Perception that several hours of LPA might be achieved exclusively through standing, which would be an issue.

PHYSICAL ACTIVITY RECOMMENDATION FOR OLDER ADULTS

A healthy 24-hours includes:

Performing a variety of types and intensities of physical activity, which includes

- Moderate to vigorous aerobic physical activities such that there is an accumulation of at least 150 minutes per week
- Muscle strengthening activities using major muscle groups at least twice a week
- Physical Activities that challenge balance
- Several hours of light intensity physical activities, including standing

The physical activity recommendations are clearly stated.

- Strongly Agree
- Somewhat Agree
- Neither Agree Nor Disagree
- **Somewhat Disagree**
- Strongly Disagree

Please enter any comments you have regarding the physical activity recommendations below.

As above.

The current recommendations for physical activity in Australia (released in 2012) are listed below. The following questions will ask for feedback on these recommendations.

CURRENT RECOMMENDATIONS:

Adults should be active most days, preferably every day. Each week, adults should do either:

- 2.5 to 5 hours of moderate intensity physical activity - such as a brisk walk, golf, mowing the lawn or swimming
- 1.25 to 2.5 hours of vigorous intensity physical activity - such as jogging, aerobics, fast cycling, soccer or netball
- an equivalent combination of moderate and vigorous activities.

Include muscle-strengthening activities as part of your daily physical activity on at least 2 days each week.

For moderate to vigorous aerobic physical activities, which statement do you believe is clearly stated and most easily understood by the population you work with?

Minutes per week vs hours per week

- Accumulate 2.5 to 5 hours of moderate intensity physical activity per week - such as a brisk walk, golf, mowing the lawn or swimming
- **Accumulate at least 150 - 300 min per week of moderate to vigorous intensity activity**
- I do not have a preference

Range including an upper limit/threshold

- **Accumulate at least 150 - 300 min (2.5-5 hours) per week of moderate to vigorous intensity activity**

	<ul style="list-style-type: none"> • Moderate to vigorous aerobic physical activities such that there is an accumulation of at least 150 minutes per week • I do not have a preference
<p>Please select the statement you believe is best understood by Australians to meet the recommended moderate to vigorous intensity activity</p>	<ul style="list-style-type: none"> • Accumulate 150 min or more per week of moderate to vigorous intensity activity • a total of at least 150 minutes per week of moderate to vigorous physical activity • Building up to 150 min or more per week of moderate to vigorous intensity activity • I do not have a preference
<p>In the context of the proposed guidelines, which will be the first 24 h movement guidelines in Australia</p> <p>Which statement do you believe is clearly stated and most easily understood by the population you work with?</p>	<ul style="list-style-type: none"> • Perform at least 30 min of moderate to vigorous intensity activity on most days of the week • Accumulate at least 150 - 300 min per week of moderate to vigorous intensity activity • I do not have a preference
<p>For the recommendation of moderate- to vigorous physical activity, which of the following statements is most easily understood</p>	<ul style="list-style-type: none"> • Accumulate 2½ hours or more per week of moderate to vigorous intensity activity

	<ul style="list-style-type: none"> • Accumulate 150 min or more per week of moderate to vigorous intensity activity • Perform at least 30 min of moderate to vigorous intensity activity on most days of the week • I do not have a preference
<p>If there is evidence to support a recommendation for number of steps per day, do you think this would be a useful addition to the traditional physical activity recommendations?</p>	<ul style="list-style-type: none"> • Yes • No • Unsure
<p>Which of the following statements do you believe would be best understood by Australians for the guidelines for older adults</p> <p>"Performing a variety of types and intensities of physical activity, which includes..."</p>	<ul style="list-style-type: none"> • Physical Activities that challenge balance • Physical Activities that help improve balance • I do not have a preference
<p>Please enter any comments you have regarding the moderate- to vigorous-intensity aerobic physical activity recommendations below.</p> <p>We would very much welcome a 'range' approach' i.e. 150-300 minutes, as opposed to 'at least 150 mins', given a) the valuable benefits that can be achieved from more than 150 minutes and b) understanding that behaviourally, people only aim for at least 150 minutes. We would also argue for a vigorous intensity aspect, particularly in terms of the significant benefits for cardiovascular health and stroke risk reduction.</p>	

SEDENTARY BEHAVIOUR RECOMMENDATION FOR ADULTS AND OLDER ADULTS

A healthy 24-hours includes:

Limiting sedentary time to 8 hours or less, which includes:

- **Breaking up long periods of sitting as often as possible, and**
- **No more than 3 hours of recreational screen time**

The sedentary behaviour recommendation is clearly stated.

- Strongly Agree
- **Somewhat Agree**
- Neither Agree Nor Disagree
- Somewhat Disagree
- Strongly Disagree

Please enter any comments you have regarding the sedentary behaviour recommendation below.

SLEEP RECOMMENDATION FOR ADULTS

A healthy 24-hours includes:

Getting 7 to 9 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times

The sleep recommendations are clearly stated.

- Strongly Agree
- **Somewhat Agree**
- Neither Agree Nor Disagree
- Somewhat Disagree
- Strongly Disagree

Please enter any comments you have regarding the sleep recommendations below.

We are unsure about the value add of having consistent bed and wake up times.

SLEEP RECOMMENDATION FOR OLDER ADULTS

A healthy 24-hours includes:

Getting 7 to 8 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times

The sleep recommendations are clearly stated.

- Strongly Agree
- **Somewhat Agree**
- Neither Agree Nor Disagree
- Somewhat Disagree
- Strongly Disagree

Please enter any comments you have regarding the sleep recommendations below.

As above.

INTEGRATED RECOMMENDATION FOR ADULTS AND OLDER ADULTS

For health benefits, adults and older adults should be physically active each day, minimise sedentary behaviour and achieve sufficient sleep.

Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving time for sufficient sleep, can provide greater health benefits.

Progressing towards any of the above targets will result in some health benefits.

The integrated recommendations are clearly stated.

- **Strongly Agree**
- Somewhat Agree
- Neither Agree Nor Disagree
- Somewhat Disagree
- Strongly Disagree

Please enter any comments you have regarding the integrated recommendations below.

GUIDELINES FOR ADULTS 18-64 YEARS

For health benefits, adults should be physically active each day, minimise sedentary behaviour and achieve sufficient sleep.

A healthy 24-hours includes:

Physical Activity

Performing a variety of types and intensities of physical activity, which includes:

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GUIDELINES FOR OLDER ADULTS OVER 65 YEARS

For health benefits, older adults should be physically active each day, minimise sedentary behaviour and achieve sufficient sleep.

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USING THE 24-HOUR MOVEMENT GUIDELINES

In comparison to separate guidelines for physical activity, sleep and sedentary behaviour, the integrated 24-Hour Movement Guidelines are...

- Much More Useful
- **More Useful**
- Neutral
- Less Useful
- Much Less Useful

Please enter any comments you have regarding the previous question.

Please enter any comments you have regarding the 24-Hour Movement Guidelines.

Conceptualising minutes per week, within a 24 hour guideline framework will be confusing.